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Nota di contenuto	Intro -- Title Page -- Dedication -- Copyright -- Contents -- "Eat well, feel well" -- A balanced diet -- Food categories -- Daily dietary needs -- Top ten foods for a well-balanced diet -- Superfoods to improve your sex life -- Age and food -- The first months -- After twelve months -- After age five -- Adolescence -- Adulthood -- Old age -- Superfoods -- What to eat? -- Choosing the best options -- Types of additives -- Nutraceuticals -- Frozen food -- GMOs -- Irradiated food -- Organic food -- Superfoods -- Food for hormonal problems -- Food to prevent premature aging -- Food to strengthen the joints -- Food for healthy bones -- Food for a healthy heart -- Food combinations -- How to combine food -- Food compatibility charts -- Eat everything . . . but not all at once (food and weight control) -- Living without heartburn: The delicate balance between enzymes -- Utensils and cooking techniques -- Food preservation -- Preparing food -- Cooking utensils -- Recipes -- Assorted salads -- Vegetable broth: A medicinal food -- Hot and cold soups -- Rice -- Potatoes -- Pasta -- Vegetables -- Pizzas and quiches -- Crepes and potato patties -- Oriental dishes -- Mushrooms and special dishes -- Desserts -- Juices and drinks -- Guide to eating well when you are short on time --

Sommario/riassunto

"Today, it is more important than ever to pay attention to what we eat. Meat, prepared meals, frozen foods, canned fruits and vegetables treated with harmful chemicals--all of these undermine our defenses and make us susceptible to illness. Eating fresh, whole foods is vital to our health and wellbeing, and Adriana Ortemberg explains how you can get the most out of your meals. This basic guide explores foods that can actually provide healthy prevention of disease and infection, strengthen the immune system, and improve your quality of life. Popular superfoods are discussed along with some of the latest scientific discoveries of nutritional qualities and therapeutic uses of vegetables like broccoli and artichokes, as well as lesser-known fruits like noni. Full of practical information and useful advice, these pages elaborate on foods that: Promote joint and bone relief Alleviate hormonal problems Improve circulation and heart health Assist in healthy weight loss Prevent cancer and premature aging Fight diabetes Reinforce your immune system And many more amazing benefits! You'll love the recipe chapter, which includes delicious soups, pastas, pizzas, Asian dishes, beverages, and even desserts! In addition, Adriana discusses basic cooking techniques, food storage, and helpful tools to keep in your kitchen. With this book, you will take the first step toward healthy eating and a life of vitality and flavor!"--

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