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Nota di contenuto	Cover; Half-title; Title; Copyright; Dedication; Contents; Preface; Health-Promoting Foods and Practices; 1. Fiber Fights the Famous Five; SUCCESS STORY: Bill reverses diabetes and high blood fats; The Famous Five; An Unprecedented Consensus; Focus on Fiber; Fiber and Heart Disease; Fiber and High Blood Pressure; Fiber and Cancer; Fiber and Obesity; Fiber and Diabetes; Fiber and hypoglycemia; SUCCESS STORY: Marcie corrects low blood sugar; Fiber and Other Diseases; How to Use This Book; 2. Your Lifetime Diet Plan; SUCCESS STORY: Mary lowers her blood cholesterol The Essence of the Prevention Plan The 1, 2, 3, 4 Food Plan; Unique Bean-if its; An Overall Balance; Don't Chew the Fat; Gift from the Sea; Emphasizing Soluble Fiber; What about Supplements?; Timing; Chapter Action Plan; 3. Your Quick Loss Plan; SUCCESS STORY: Ann drops her weight and blood cholesterol; SUCCESS STORY: Susan decreases weight and blood cholesterol; SUCCESS STORY: Rick lowers weight and insulin needs; What Is the Quick Loss Plan?; Who Is the Quick Loss Plan For?; Why Does the Quick Loss Plan Work?; Calories In, Calories Out; Why Are Records Important?; Avoiding the Yo-Yo Syndrome A Daily Plan Chapter Action Plan; 4. Healthful Living; SUCCESS STORY: Barry is energized by jogging; Why Exercise?; The Good, Better, Best Exercise Plan; Exercising Safely and Enjoyably; Making the Most of Daily Activities; Moderation; Rest and Relaxation (R & R); Pacing Your Life;

Cigarettes and Other Harmful Substances; SUCCESS STORY: John corrects an alcohol abuse problem; How to Quit Smoking; Tips to Stop Smoking; Making the Changes; Chapter Action Plan; For More Help; 5. Cooking Made Easy; Menu Magic; Quick and Simple Cooking Tips; Menu Make-Over; Sensational Snacks
SUCCESS STORY: Judy improves family snacking habits Chapter Action Plan; 6. Shopping Made Easy; Flavor; What to Buy and Why; Food Labels at a Glance; Chapter Action Plan; 7. Eating Out Made Easy; Brown Bag Lunches; Traveling; Vending Machines and Convenience Stores; Salad Bars; Delis and Cafeterias; Fast Food Restaurants; Full-Service Restaurants; Chapter Action Plan; I Can Do That! Worksheet; Recipes; Appetizers, Beverages, and Snacks; Chili Bean Dip; Gingered Fruit Dip; Yogurt Vegetable Dip; Zingy Apple Punch; Tangy Tomato Drink; Beans and Rice; New Orleans Beans and Rice
Jim's Spicy Baked Beans Beans and Cranberries; Savory Black Beans with Tomatoes; Curried Lentils; Limed Beans with Green Chilies; Unfried Beans; Cajun Rice; Fruit 'n' Rice; Rice Mexicano; Rapid Rice Pilaf; Rice and Mushroom Pilaf; Savory Brown Rice; Breads and Muffins; Parmesan Italian Bread; Dijon French Bread; Hearty Oat-Corn Bread; Cinnamon Quick Loaf; Blueberry Banana Bread; Raw Apple Bran Muffins; Applesauce Oat Muffins; Blueberry Oat Muffins; Blueberry Bran Muffins; Quick & Easy Oatmeal Muffins; Orange Muffins; Gay's Pineapple Oat Bran Muffins; Breakfast Foods; Allison's French Toast
Banana Pancakes

Sommario/riassunto

This pioneering work by internationally known physician Dr. James W. Anderson is a quick and easy guide to a healthier lifestyle. Breaking the steps to healthful living into manageable units, Dr. Anderson shows how making the right choices in diet, exercise and relaxation can improve health and reduce risks of major disease. Dr. Anderson's High-Fiber Fitness Plan is an essential handbook for those who want a hassle-free way to fitness and health. It has an enclosed spiral binding that lies flat on the counter with a wipeable cover and plenty of space for notes. The first half of the book is
