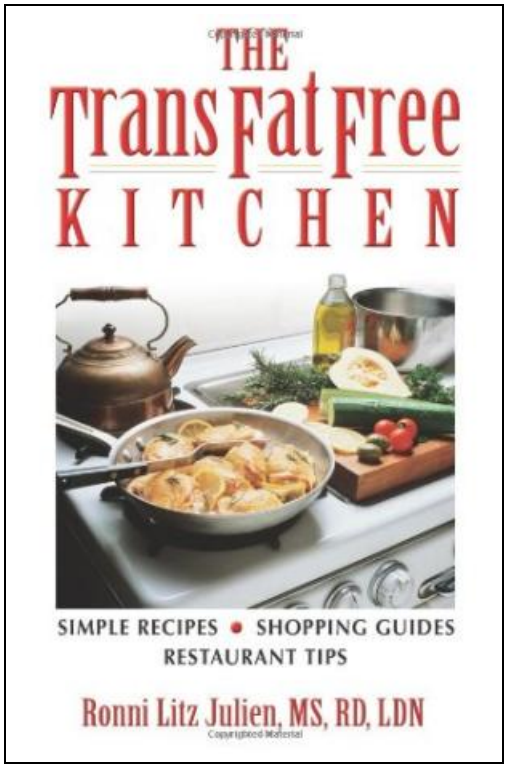
The Trans Fat Free Kitchen: Simple Recipes, Shopping Guides, Restaurant Tips



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Reviews

Basically no terms to explain. I have read and so i am certain that i will gonna go through once again once more in the future. I realized this ebook from my dad and i encouraged this book to discover.
(Forest Little)

THE TRANS FAT FREE KITCHEN: SIMPLE RECIPES, SHOPPING GUIDES, RESTAURANT TIPS

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HEALTH COMMUNICATIONS, United States, 2006. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. As of January 1st 2006 The Food and Drug Administration (FDA) began requiring food manufacturers to list trans fat (i.e., trans fatty acids) on Nutrition lables. But companies can still emblazon their packaging with Trans Fat Free even if a food has trans fats in levels less than .5 grams a serving. Confused? You re not alone. Enter The Trans Fat Free Kitchen, a simple, practical book that gives you a real-world guide to avoiding trans fats. A study in the Lancet proved that eating a mere 5 grams of trans fats a day increased women s rates of dying from a heart attack by 50 percent (5 grams of trans fat is found in one medium order of McDonald s fries or one small donut!) If you or someone you love wants to shed pounds and keep their heart healthy, there s good news: Eliminating or drastically reducing the amount of trans fat from your diet is the most effective thing you can do. The better news? Here s a simple guide to trans fat made simple. You ll learn: how to decipher food labels in a snap the fast way to ensure a food is healthy just because it s trans fat free (many are not!) what brand names to buy, with an aisle-by-aisle shopping guide PLUS: Healthy trans fat free meal plans for toddler and adults Fast and delicious trans fat free recipes for entertaining or everyday Noted nutritionist and mom Ronni Litz Julien gives you the skinny (literally!) on everything you need to know to enjoy a trans fat free lifestyle (minus all the science you don t have time to read).

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