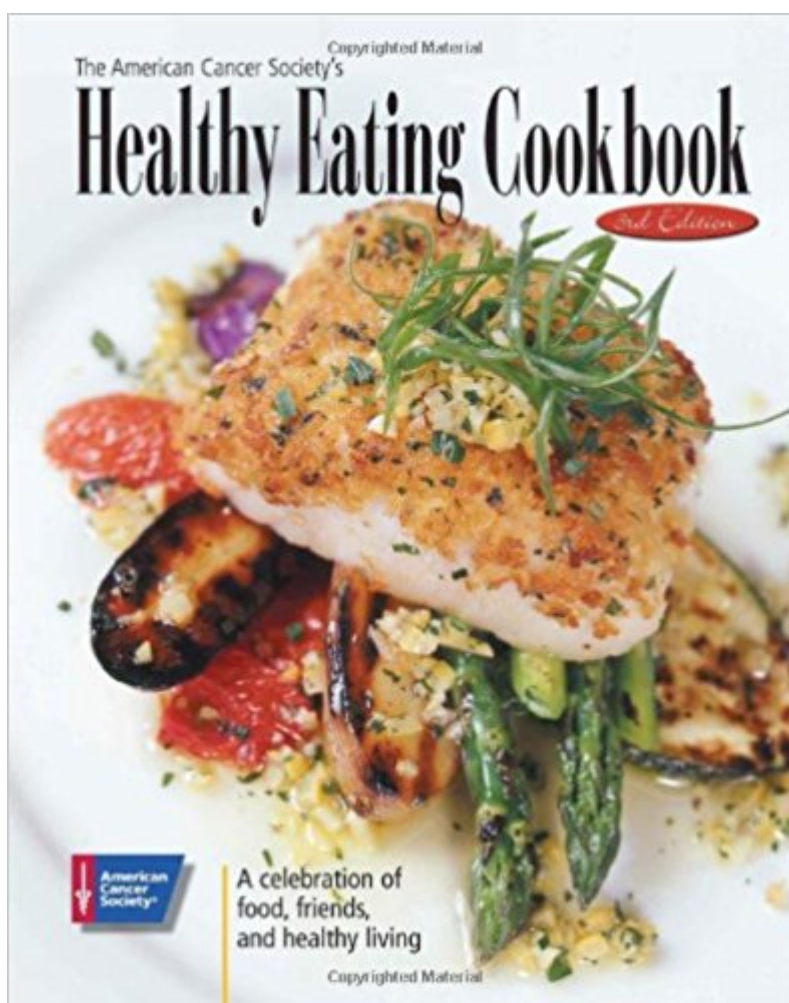


The book was found

The American Cancer Society's Healthy Eating Cookbook: A Celebration Of Food, Friendship, And Healthy Living



Synopsis

In the new edition of this popular cookbook, aspiring chefs and amateur cooks alike will discover more than 300 simple and delicious recipes that will turn healthy eating into a celebration of good food, including recipes from some of their favorite international celebrities. Reflecting the latest research and updated recommendations for healthy eating, this cookbook makes it fun to eat right and contains tips for smart shopping, quick tricks for judging portion sizes, and delicious substitutions.

Book Information

Hardcover: 272 pages

Publisher: American Cancer Society; 3 edition (June 1, 1999)

Language: English

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Average Customer Review: 4.6 out of 5 stars 8 customer reviews

Best Sellers Rank: #875,209 in Books (See Top 100 in Books) #57 in Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #136 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #1245 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer

Customer Reviews

The American Cancer Society is an organization committed to fighting cancer through balanced programs of research, education, patient service, advocacy, and rehabilitation. Its goals emphasize prevention, early detection, and screening; comprehensive treatment information; answers to questions about insurance, money, and planning for the future; and strategies for coping with the physical symptoms and emotional effects of cancer. They are based in Atlanta.

When I learned that I had Stage 3 Bladder Cancer the first thought in my mind was that I was going to kick the bucket mucho-pronto. Without boring you or anyone of what I went through in the 28 months I was getting extensive chemotherapy and radiation, or talking about the side-effects that have affected my legs, circulation, hair, bladder, heart, kidneys, and wallet let me suggest that you read this book with an open mind. It is a good book and certainly means well, keeping in mind that there will be many times when eating solid food may or may not be a priority in your daily

routine. Another thing that I noticed was that when I was done with the book, I looked on ebay and saw the very same book was being sold for a fraction of what I paid for mine from . That's okay though, because shopping on made my task much easier and their delivery was outstanding...and worth the extra expense. I thank the Lord every day and spend my precious time that I have left carefully. I know that my days are numbered and I try to make every minute count...particularly at my advanced 78 years of age. You should enjoy this book and it's contents. Some days it just won't pay to get up. That happened to me this morning when I stopped in my local Diner to order my usual three-minute egg and the waitress made me pay up front. Oh, well. Take care of yourself and have a Blessed day!

It is excellent-clear, easy to follow recipes.

Since I am battling cancer, this is a great book. I have to gain weight and eat healthy and I don't feel like looking through a lot of cookbooks. Everything I need is in one place. It has some great recipes for me. I don't usually spend that much for a book but this is well worth it.

I have already begun to pick through this wealth of information for cancer patients and survivors and have found many recipes that I have or will soon try out. The receipes and descriptions are well thought out, but why no photos in the pages?? I recommend this cookbook to anyone concerned about the foods they eat.

I gave it as a gift.

healthy simple meals

Easy and good cooking, not all fish. Something for everyone in family and they all enjoy it. Not diet, healthy eating.

This book has lots of great healthy options that also taste great.

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