

Download Real Food Healthy People Resource

Real Food for Healthy People: A Recipe and Resource Guide for Whole Food Plant Based Cooking Carol D'Anca integrative nutritionist and gourmet cook is reinventing whole food plant based cooking and elevating it to a delicious, elegant and healthful cuisine.

More than a cookbook, "Real Food for Healthy People" serves as a resource guide for organizing the kitchen, stocking the pantry and learning basic culinary tips that are extremely helpful when preparing a whole food plant based diet.

Real Food for Healthy People. "Trained in the science of Nutrition at Rosalind Franklin University of Science and Medicine, Carol has generously shared recipes to reclaim your health and life. Eating this way can reverse heart disease, improve and often reverse diabetes, reduce your risk of cancer, osteoporosis, stroke,...

REAL FOOD FOR HEALTHY PEOPLE offers anyone who picks it up a chance to reinvent their eating habits and prevent future health issues. The book begins with a brief introduction by Carol D'Anca, who after her doctor suggested she take cholesterol lowering medication knew she had to make a change.

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That is the essence behind Real Food for Healthy People: A recipe and resource guide, by Carol D'Anca. She treats her subject as a celebration, and she captured it beautifully. She treats her subject as a celebration, and she captured it beautifully.

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Food insecurity is defined as the disruption of food intake or eating patterns because of lack of money and other resources. In 2014, 17.4 million U.S. households were food insecure at some time during the year. Food insecurity does not necessarily cause hunger, but hunger is a possible outcome of food insecurity.

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