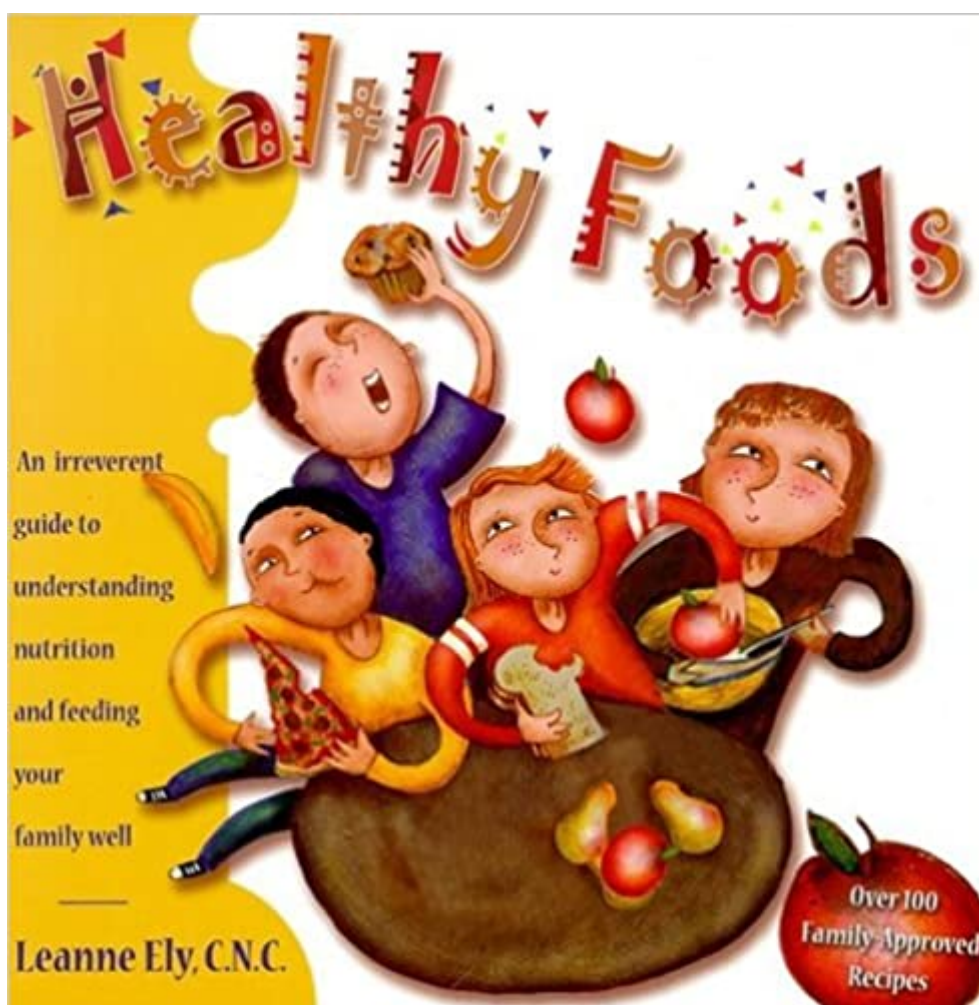


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# Healthy Foods: An Irreverent Guide To Understanding Nutrition And Feeding Your Family Well



## Synopsis

For families seeking real-life answers to real-life nutrition, the book that delivers is here. With humor and wit and over 100 family-tested recipes, Leanne Ely, C.N.C., offers guidance to creating a nutritional eating plan within the family. She also covers topics like mealtime mechanics, overweight children, allergies and kids, manners and much more. This humorous book is sure to become a family favorite!

## Book Information

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## Customer Reviews

"...common-sense, practical and helpful information, beautifully wrapped up in her entertaining, humorous and easy-to-read style. I recommend Healthy Foods heartily!" -- Vickilynn Haycraft, co-author of Naturally Healthy Living: Real Food for Real Families "Leanne Ely has combined family-friendly recipes, sound nutritional advice and warm-hearted fun--creating a book that belongs on every family's shelf." -- Deborah Taylor Hough, author of Frozen Assets: how to cook for a day and eat for a month, Frozen Assets Lite & Easy and A Simple Choice

As a nutritionist, I felt it was important to give family's a heads up on what constitutes good nutrition without putting additional spin on a very basic, but ever evolving science. Knowing what I do about nutrition and being a former caterer, I must admit to being discouraged when it came time to cook for my own family. The whole wheat recipes I found were disastrous: heavy, thick and almost inedible. Other "healthy" recipes had strange ingredients and no flavor. I sought to remedy that with this book: give families what they want: good, solid information about nutrition and then familiar

family recipes that show the reader how to use this nutritional information without sacrificing what they love. I feel I have accomplished that with this book (and for the children, with the unit studies that accommodate the book).

That's the name of Part One in the book. I bought this book to use with my sixth grader whom I homeschool. I figured hearing things about good food from someone else's mouth other than mine alone would be helpful. There is a Unit Study Guide available (from ?) to accompany the book, too. We have not used the book yet for schooling, but it looks very promising. I love Leanne's easy-to-read and tongue-in-cheek writing style. Chapters are brief and peppered with humor. More than half of the book is dedicated to interesting recipes. I've tried a few and can't wait to try others. She's a cross between a health-nut and a "normal" person. Ha. Although she recommends using sucanat (more natural form of sugar -- optional, she says) and whole grain pastas, most other ingredients are easy to find. Very good for introducing healthy balanced meals to a cautious family. More than once I've been surprised at what my picky family has enjoyed because of her delicious recipes. I have her low-carb book, too, and love it! She really knows how to cook.

This is hands down THE best cookbook I've ever owned. I use it constantly and every recipe is wonderful. My entire family is enjoying this cookbook. A friend of mine asked to borrow it after tasting the mashed potato recipe. I said no. I couldn't be parted with it even for a day. I literally use it at least once a day. I have decided to start giving copies as gifts.

Good condition

Leanne Ely has given us a wonderful gift with this book. Not only does it contain lots of great, family friendly recipes - but it is chockful of nutritional advice and lessons. You can even get lesson plans to go with it to help teach your children how to eat better. My family has gotten a lot of use out of this cookbook and I highly recommend it to all Moms or Dads who want to instill a little nutritional advice to their children.

Terrific, family friendly advice and recipes. These are sure to become family favorites! Can't wait til my son is old enough to use the Unit Guide, as well...our family is already healthier, thanks to this book.

I was initially very excited to get this book and thoroughly enjoyed reading it. The problems started when I tried to use any of the recipes. I live in a large city and still had a very difficult time coming up with some of the ingredients. One of them I have never found, and it is a staple of the recipes. The few recipes that I have tried, my children would not eat. I do not have picky children, and my teens will eat about anything. I have found other recipe books with healthy recipes that they will readily eat. So it is a fun read, with some great information but good luck getting your kids to eat anything out of it.

I was hopeful that I would be able to use this book, but I could not get past some of the inane breakthroughs -- such as the "great" idea that cupcake liners can also be used for muffins. Come on! If this is news to the author, then I can't imagine what kind of real experience she has in a kitchen at all. So instead of finding a place on my kitchen counter, this book is in a middle of a stack on my bookshelf. It has a cute cover, at least.

"Quality nutrition can only come from quality food. Quality food is defined as less processed, more natural, more basic foods-like fresh fruits, vegetables, whole grains, etc. Easy stuff to get at the market. There are however, concerns that we are necessarily, having to deal with in this 21st century." ~Leanne Ely

Need a recipe for Pesto or want to learn to make healthier French Fries? How did mom make those mashed potatoes anyway? Well, Leanne Ely has the answers and had created a cute cookbook filled with over 100 family-approved recipes. If your kids are hungry for pizza and there isn't a frozen pizza in sight, you might enjoy making the Pizza Muffins. If you keep a bottle of spaghetti sauce around, some mozzarella cheese, various toppings and mixed grain English muffins in the kitchen, you will have an easy-to-prepare snack. The first thing I noticed in this cookbook was an ingredient called "sucanat." If you are wondering what this is, well, I was too. I found the answer on pg. 51, where the author also lists, kamut flour, carob and whole wheat pastry flour. I was then sent to the glossary for explanations. The glossary is not where you'd expect it to be, it is on page 59. Ok, so it is that natural cane sugar I've seen in health food stores! All the other ingredients seemed pretty normal to me, still, you might want to find a health food store in your area or most grocery stores seem to have an aisle of natural foods. If you want to shop online, there is a resource section at the back of the book.

The basic recipe sections: Breakfast in Bread and Other Comforts  
Soup & Salad Bar  
Life in the Fast Food Lane  
The Main Thing  
Dips, Snacks & Tricks  
Just Desserts

Some of the recipes include: Buttermilk Cornbread, Mega Manic Muffin Mix, Lentil Soup, Tabbouleh, Mama's Mashed Potatoes, Quinoa Pilaf, Shepherd's Pie, Roasted Garlic, Pizza,

Hummus and Mexican Chicken Salad. Want to try something sweet? Try the Apple Cake or Carrot Cake with Cream Cheese Frosting. Some of the highlights of this cookbook include the short essays on food at the start of the book. Leanne Ely explains why writing this book became essential for the health of her family and how you can also change your food and change your life. Leanne believes we all know what works best for our bodies. She has been a victim of the experts who have given her ideal diets to follow. Finally, she decided to just follow the "guru" within. She explains the basics of protein, carbohydrates and fats. Then, she delves into the dangers lurking in our regular grocery store shelves. After reading chapter three, organic foods will start looking pretty darn good to you. Do you have a child who has allergies or want to teach "manners to the not so mannerly." I recently read that the top food allergies are nuts, shellfish/seafood, milk, wheat, eggs, a variety of fresh fruits and vegetables, cheese, yeast and soya protein. So even "healthy" foods might not be healthy for everyone. It is really tricky. Before she gets into the recipe section, she also explains basic tools and how to stock the pantry. Before you hand your very young child a peanut butter cookie, consider their age. Peanut butter should not be fed to children younger than 3 years old. It is almost as difficult to avoid peanut butter as it is to avoid cottonseed oil. It seems to be in everything. Even chocolate can have traces of peanuts as can soy protein bars, etc, etc. In fact, by avoiding cottonseed oil, palm kernel oils and peanut butter, you might notice your skin clearing up if you didn't realize you had an allergy to begin with. We all live and learn. If some of the health information intrigues you, you might also want to read: *The Metabolic Plan* by Stephen Cherniske. It takes health to new levels! A must-read! It has become more and more obvious to me that to live a long and healthy life, you need to read a lot of books! Choosing a healthy lifestyle seems to be key and it is really this huge puzzle you have to figure out on your own. You find some pieces in books and some pieces are the result of your own experience with food. Leanne Ely gives quite a few great suggestions on how to not only improve the health of your family, she also gives a basic overview of nutrition so you can feed your family well. There are a few puzzle pieces in this book, pieces I have never seen in any other cookbook. Leanne's "irreverent" style is cute and you will learn a ton about nutrition and I'm even thinking about using "sucanat" in some of my own recipes. ~The Rebecca Review

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