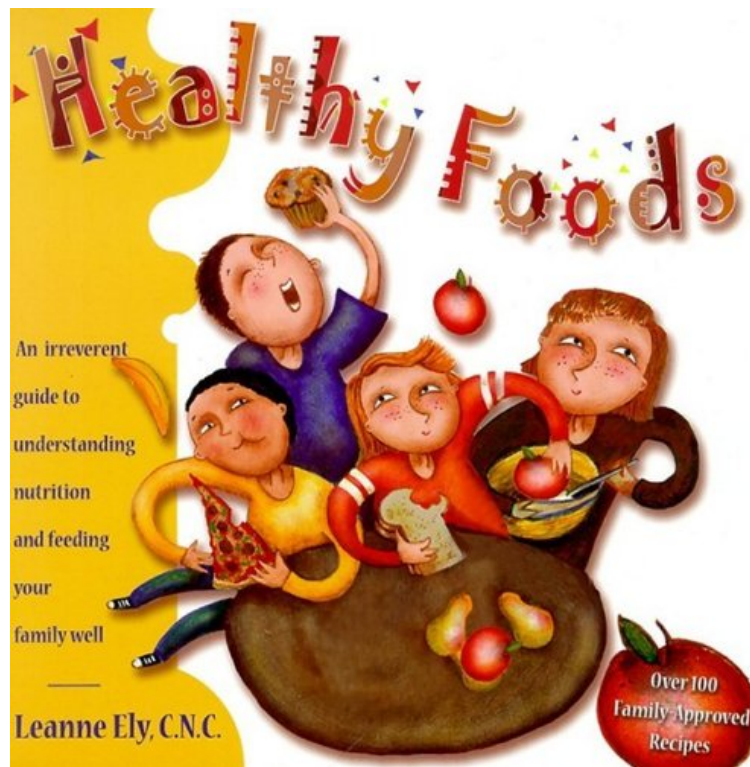


# Healthy Foods: An Irreverent Guide to Understanding Nutrition and Feeding Your Family Well

Leanne Ely

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**Leanne Ely : Healthy Foods: An Irreverent Guide to Understanding Nutrition and Feeding Your Family Well** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Healthy Foods: An Irreverent Guide to Understanding Nutrition and Feeding Your Family Well:

6 of 6 people found the following review helpful. Realistic Health for Realistic FamiliesBy DKHThat'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.1 of 1 people found the following review helpful. My Cooking BibleBy AmeliaJadeThis 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. 0 of 0 people found the following review helpful. Sent timely  
By Marie Brown  
Good condition

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!

"...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 From the Author* 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).  
About the Author  
Leanne Ely, C.N.C. stumbled across nutrition when her daughter was facing allergies. After many doctor visits and prescriptions, Leanne was frustrated and sought a better way. She learned the key to remedying her daughter's allergies wouldn't be found in a plastic bottle with a childproof lid, but insider her own pantry. This began Leanne's lifelong quest for better nutrition. She has gone on to become a respected nutritionist.