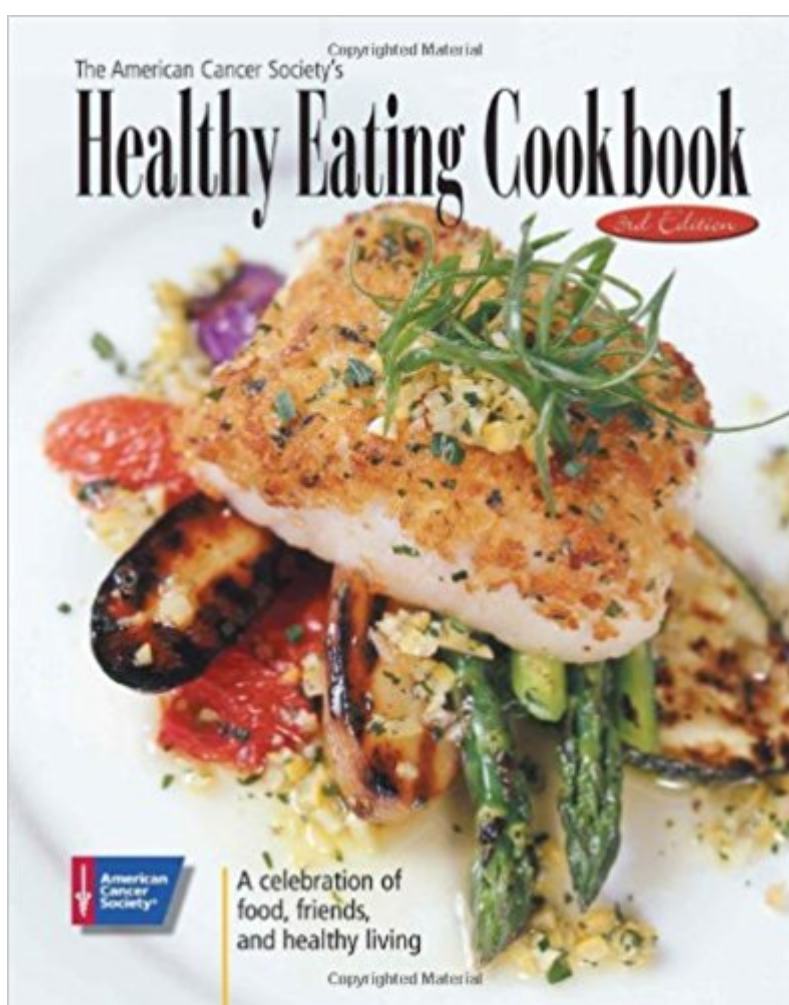


The book was found

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

ISBN-10: 0944235573

ISBN-13: 978-0944235577

Product Dimensions: 8 x 0.9 x 10 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

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 recipes 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.

[Download to continue reading...](#)

Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung Cancer, Cancer Diet, Preventing Cancer, Cancer

Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) The American Cancer Society's Healthy Eating Cookbook: A Celebration of Food, Friendship, and Healthy Living Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer American Cancer Society New Healthy Eating Cookbook (Healthy for Life) The American Cancer Society New Healthy Eating Cookbook (Healthy for Life) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Amish Friendship Bread

Recipes for the Holidays: Fun and Festive Amish Friendship Bread Recipes for Valentine's Day, Easter, Halloween, Thanksgiving and Christmas (Friendship Bread Kitchen Book 3)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)