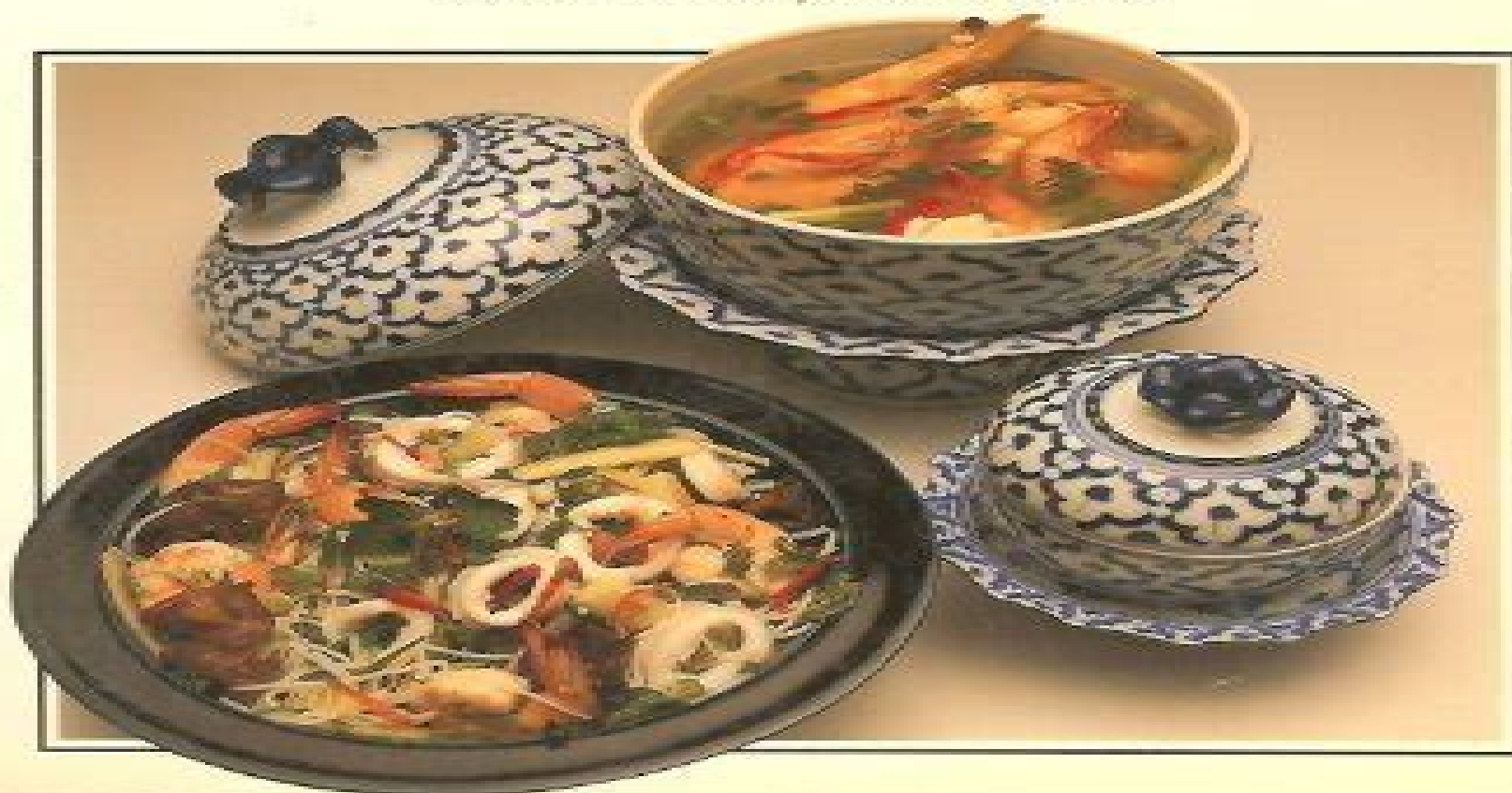


The Complete
**ASIAN
HEALTH & DIET**
Cookbook

MARY TREVELYAN HODDER



The Complete Asian Health And Diet Cookbook

Marcel A. Müller



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than it would take to be served at a restaurant or on the meal plan Recipes tested and approved by students at four major universities Provides extensive nutritional information *The Good-for-your-health All-Asian Cookbook* Marie Wilson,1989 Abstract The cookbook presents over 220 exciting Asian dishes from eleven Asian countries that are low in fat cholesterol salt and calories Very little oil or fat is used in the recipes and no MSG is used at all The recipes instead utilize garlic ginger root spices rice wines lemon juice vinegar or peppers to add zest to the dishes Fat cholesterol sodium calories count is provided for each recipe *Subject Guide to Books in Print* ,1984 **Singapore National Bibliography** ,1987 **Asian Foods** Catharina Y.W. Ang,Keshun Liu,Yao-Wen Huang,1999-04-05 This comprehensive new book provides up to date information on many types of Asian prepared foods their origin preparation methods processing principles technical innovation quality factors nutritional values and market potential Written by experts who specialize in the field it includes information on Asian dietary habits and the health significance of Asian diets Asian Foods also discusses differences in preparations and varieties among diverse Asian ethnic groups and regions cultural aspects associated with the consumption of the products and the market status or potential of more than 400 varieties of Asian foods These foods include products made from rice wheat other starchy grains soybeans meat poultry fish fruits and vegetables as well as functional foods and alcoholic beverages This timely book will be of interest to food professionals in product development dieticians interested in Asian diets and dietary habits business developers seeking market potential for Asian prepared foods and food science and human nutrition students who need supplemental information *Singapore periodicals index* ,1989 *Chinese Diet Cookbook* Charmaine Solomon,1979 *The New American Diet Cookbook* Sonja L. Connor,William E. Connor,1997 Whether you re already committed to cooking low fat or looking for a way to ease into a healthier diet The New American Diet Cookbook will become a staple in your life Emphasizing grains beans vegetables fruits and fish and including some poultry dishes this fare is not just lighter in fat and calories but packed with the nutrients that science suggests are associated with optimal health throughout life Multiethnic and multinational in origin these all new recipes have been tested in home kitchens and meet strict standards not just for nutrition but for taste as well Each recipe has a nutritional analysis including calories sodium fiber total fat saturated fat and cholesterol no main course has more than 10 grams of fat per serving BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved *Bibliography of Asian Studies* ,1994 *Japan English Publications in Print* ,1998 **Asian Health Secrets** Letha Hadadi,1996 For twelve years Letha Hadady has worked with doctors of traditional Asian medicine in the United States and several countries of the Far East An herbalist and nationally certified acupuncturist she has translated the herbal secrets of the East into easy to use remedies that are comprehensible readily available and practical for Western readers Asian Health Secrets is the first guide to herbal medicine to present the simple but thorough diagnostic tools that allow you to evaluate your daily well being in order to prevent illness boost immune strength and treat discomforts ranging from headaches allergies arthritis injuries insomnia

menstrual and menopausal complaints to complex chronic conditions such as poor memory depression and sexual dysfunction Both a complete introduction to herbal medicine for the novice and an authoritative reference for the expert Asian Health Secrets gives step by step instructions on how to use safe and inexpensive herbs as complementary or alternative medicine BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved

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This book delves into The Complete Asian Health And Diet Cookbook. The Complete Asian Health And Diet Cookbook is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into The Complete Asian Health And Diet Cookbook, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to The Complete Asian Health And Diet Cookbook
 - Chapter 2: Essential Elements of The Complete Asian Health And Diet Cookbook
 - Chapter 3: The Complete Asian Health And Diet Cookbook in Everyday Life
 - Chapter 4: The Complete Asian Health And Diet Cookbook in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of The Complete Asian Health And Diet Cookbook. This chapter will explore what The Complete Asian Health And Diet Cookbook is, why The Complete Asian Health And Diet Cookbook is vital, and how to effectively learn about The Complete Asian Health And Diet Cookbook.
 3. In chapter 2, this book will delve into the foundational concepts of The Complete Asian Health And Diet Cookbook. The second chapter will elucidate the essential principles that must be understood to grasp The Complete Asian Health And Diet Cookbook in its entirety.
 4. In chapter 3, the author will examine the practical applications of The Complete Asian Health And Diet Cookbook in daily life. The third chapter will showcase real-world examples of how The Complete Asian Health And Diet Cookbook can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of The Complete Asian Health And Diet Cookbook in specific contexts. This chapter will explore how The Complete Asian Health And Diet Cookbook is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about The Complete Asian Health And Diet Cookbook. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of The Complete Asian Health And Diet Cookbook.

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