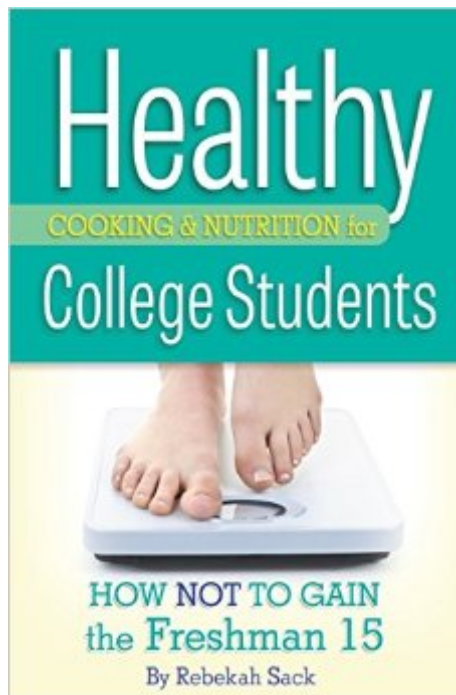


The book was found

Healthy Cooking And Nutrition For College Students: How Not To Gain The Freshman 15



Synopsis

A recent study, published in the Nutrition Journal, found that one in four college freshmen gain at least five percent of his or her body weight, an average of about 10 pounds, during the first semester. All of this can be avoided with healthy cooking and an eye for good choices. This all-inclusive book covers everything from affordable options to reading ingredient labels. You will learn some basic healthy cooking techniques, the latest nutrition research, the low-down on all the most-talked about diets, and what kinds of foods will improve your college lifestyle. We even take a look at a ton of fad diets, helping you understand the pros and cons of each: The Paleo Diet The Ketogenic Diet Weight Watchers The Atkins Diet Gluten-Free Diets Vegetarian/Vegan Diets The Raw Foods Diet The Daniel Plan The Mediterranean Diet Cleanses If you want to avoid the freshman 15 while also fueling your body with what it needs to be your sharpest, most energized self, then this book is for you.

Book Information

Paperback: 288 pages

Publisher: Atlantic Publishing Group, Inc.; Ill Stu edition (September 30, 2016)

Language: English

ISBN-10: 162023159X

ISBN-13: 978-1620231593

Product Dimensions: 9 x 2 x 6 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Best Sellers Rank: #1,534,992 in Books (See Top 100 in Books) #69 inÂ Books > Teens >

Personal Health > Diet & Nutrition #89 inÂ Books > Teens > Hobbies & Games > Cooking #314 inÂ Books > Teens > Education & Reference > Reference

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

Healthy Cooking and Nutrition for College Students: How Not to Gain the Freshman 15 Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Nutrition for a Healthy Mouth (Sroda, Nutrition for a Healthy Mouth) Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) The Kids' College Almanac: A First Look at College (Kids' College Almanac: First Look at College) Nutrition and Weight Management (Healthy Eating: A Guide to Nutrition) Brown Bag Lunches for Kids: Healthy and High-Nutrition Lunch Recipes for Kids' School Lunches (Healthy Meals & Lunch

Recipes) The K&W Guide to Colleges for Students with Learning Differences, 13th Edition: 353
Schools with Programs or Services for Students with ADHD, ASD, or Learning Disabilities (College
Admissions Guides) Quinoa Cookbook: Nutrition Facts, Cooking Tips, and 116 Superfood Recipes
for a Healthy Diet Quilter's Academy Vol. 1 - Freshman Year: A Skill-Building Course in Quilting
My Freshman Year: What a Professor Learned by Becoming a Student 100 Words Every High
School Freshman Should Know Freshman Phenom (The Will Stover Series Book 1) Whole Cooking
and Nutrition: An Everyday Superfoods Approach to Planning, Cooking, and Eating with Diabetes I
Am Not My Breast Cancer: Women Talk Openly About Love and Sex, Hair Loss and Weight Gain,
Mothers and Daughters, and Being a Woman with Breast Cancer Cooking with Rice Cookers for
Today's College Students: With Clear and Precise Step-by-Step Instructions Paying for College
Without Going Broke, 2017 Edition: How to Pay Less for College (College Admissions Guides)
Cooking with Beans and Legumes: Simple Recipes for Cooking Delicious, Healthy Meals with
Beans and Legumes Thai Cooking: Cook Easy And Healthy Thai Food By Thai (40 years
experience of cooking) Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic &
Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox
smoothie recipes) (Volume 54)

[Dmca](#)