



The New Mayo Clinic Cookbook 2nd Edition: Eating Well for Better Health

By Mayo Clinic Physicians

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Good food is one of life's greatest pleasures. That's the foundation of this revised recipe collection from the highly respected Mayo Clinic. Eating well is not about enduring a restrictive meal plan. It's about enjoying superb foods that also have remarkable health benefits. The 200 recipes inside are designed to be as satisfying as they are good for you. They include the best ingredients each season has to offer, from fresh corn and juicy plums to toasted almonds and grilled salmon. But delicious, health-promoting recipes aren't all you'll find. Also included is an interactive guide that presents a new philosophy of eating based on the latest evidence about the disease-fighting properties of many foods-properties that can lower your risk of developing illnesses from heart disease to cancer. With *The New Mayo Clinic Cookbook 2nd Edition*, you'll discover that preparing tantalizing, healthy meals is easier than ever.

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The New Mayo Clinic Cookbook 2nd Edition: Eating Well for Better Health By Mayo Clinic Physicians Bibliography

- Sales Rank: #19439 in Books
- Published on: 2012-01-03
- Original language: English
- Number of items: 1
- Dimensions: 10.25" h x 1.25" w x 8.75" l, 2.93 pounds
- Binding: Paperback
- 384 pages

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