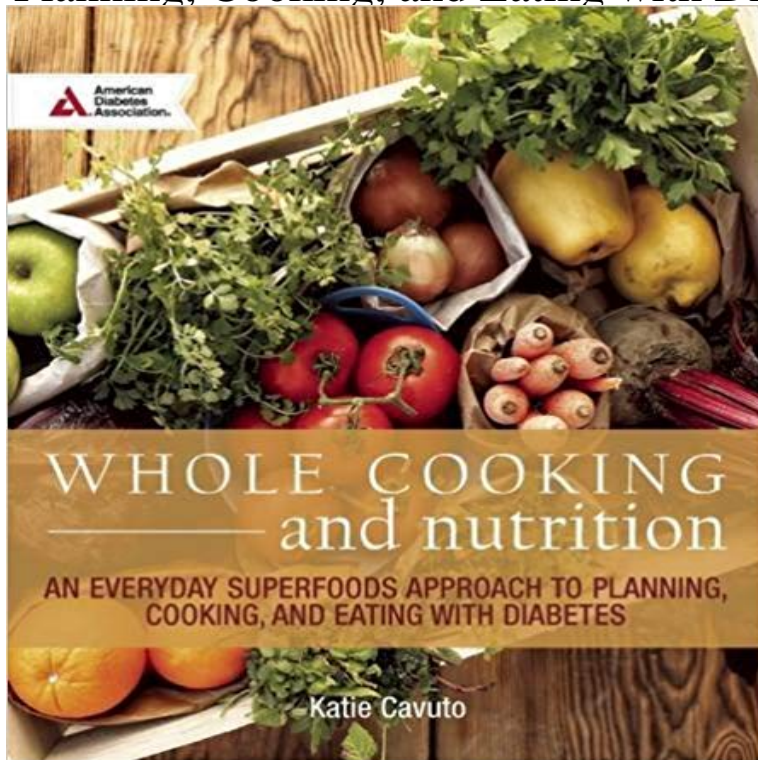


Whole Cooking and Nutrition: An Everyday Superfoods Approach to Planning, Cooking, and Eating with Diabetes



The food in a kitchen is capable of so much, from delivering the simple pleasures of a good meal to bringing friends and family together. Its also filled with the ingredients you need to help heal your body, prevent disease and other health conditions, boost your energy level, and even improve your mood. In her debut cookbook, chef Katie Cavuto, MS, RD, introduces home cooks to 75 nutrient-rich, disease-fighting ingredients every cook should have, and presents more than 100 simple yet inventive recipes that prove healthy meals can be as delicious as they are nourishing. As a chef, registered dietitian, national media personality, and expert in her field, as well as the official dietitian for the Philadelphia Phillies, Katie has based her entire career on nourishment and the healing power of food. Home cooks of all skill levels can learn how to find inspiration in whole foods, improve family eating habits and overall health, and truly enjoy the time they spend in the kitchen and at the table.

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