



# The American Cancer Society New Healthy Eating Cookbook (Healthy for Life)

*Jeanne Besser*

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**The American Cancer Society New Healthy Eating Cookbook (Healthy for Life)** Jeanne Besser

**Winner:** 2016 Best Book Awards, Cookbooks: General ——— Get cooking and eat your way to better health with the latest edition of this popular cookbook. It includes more than 100 simple and delicious dishes that will turn healthy eating into a celebration of good food. It includes healthy substitutions, simple tips in the kitchen, smart shopping ideas, and notes on how to judge portion sizes. There is new material on how to shop in a healthy way, how to set up your pantry for healthy meals, and guidelines for physical activity. With the latest research, revisions to recipes, and updated recommendations for healthy eating, this cookbook makes it fun and easy to eat well.

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