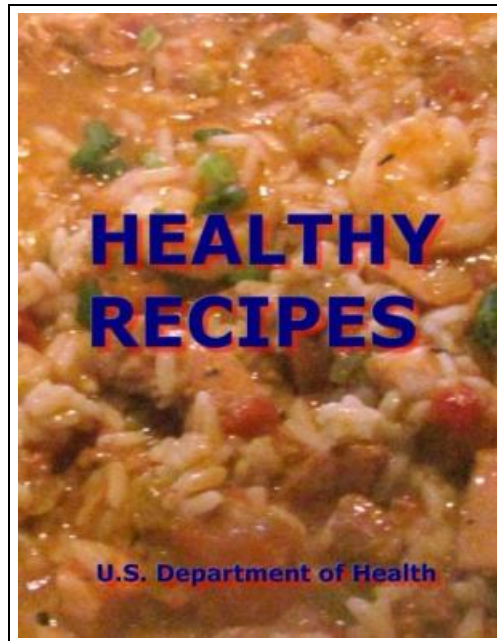


## Healthy Recipes



Filesize: 2.05 MB

### ***Reviews***

*Extremely helpful to all class of individuals. It really is written in straightforward terms instead of difficult to understand. I am just happy to explain how this is the finest publication I have got read inside my own lifestyle and might be the very best ebook for possibly.*  
**(Dr. Meta Smith)**

## HEALTHY RECIPES

[DOWNLOAD](#)

Paperback. Book Condition: New. Paperback. You'll find simple, low-cost recipes to make delicious breakfasts, lunches, dinners, snacks, and even desserts. This booklet also features cooking tips, nutrition information, and time-saving tips that you can share with your family. Fruits and vegetables help keep teens healthy, prevent disease, and are low in fat and calories. People of all ages should eat seven to nine servings of fruits and vegetables every day. Ideally, adolescents should eat seven servings daily. Fruits and vegetables can be fresh, frozen, canned, or dried. Whole grains contain vitamins, minerals, and other nutrients that are important for a teen's health and growth. Today, many foods such as white bread and white rice are made with refined grains, which are low in fiber and other nutrients found naturally in grains. Instead, it's best to eat a variety of whole grain foods. Ideas include: Food Serving Size Whole grain bread 1 slice Whole grain pasta 1/2 cup Brown rice 1/2 cup Foods made with bulgur (cracked wheat) such as tabouli salad 1 cup Some ready-made whole grain breakfast cereals 1/2 cup Whole barley, which can be added to soups Check the Nutrition Facts labels to choose whole grain foods that contain at least 10 percent Daily Value of fiber and are low in saturated fat, trans fat, sugars, and sodium (salt). In addition, one of the following whole grains should be listed first on the ingredient list: Brown rice Oatmeal Rolled or whole oats Bulgur (cracked wheat) Popcorn Whole rye Graham flour Whole barley Whole wheat Whole grain corn One of the best known benefits of fiber is that it reduces constipation. But did you know that fiber may also reduce the risk of coronary heart disease The total number of fiber grams to be consumed by children can be...

[Read Healthy Recipes Online](#)[Download PDF Healthy Recipes](#)

## You May Also Like



### **And You Know You Should Be Glad**

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A highly personal and moving true story of friend-ship and...

[Save PDF »](#)



### **iPhone 6 iPhone 6s in 30 Minutes: The Unofficial Guide to the iPhone 6 and iPhone 6s, Including Basic Setup, Easy IOS Tweaks, and Time-Saving Tips**

I30 Media Corporation, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In 30 minutes, learn how to unlock the secrets of your...

[Save PDF »](#)



### **Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: ( Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and...

[Save PDF »](#)



### **Good Tempered Food: Recipes to love, leave and linger over**

Clearview. Paperback. Book Condition: new. BRAND NEW, Good Tempered Food: Recipes to love, leave and linger over, Tamasin Day-Lewis, Slow-cooked food and what the author likes to call 'good tempered food', is what proper cooking...

[Save PDF »](#)



### **Christian Children Growing Up in God s Galaxies: Bible Bedtime Tales from the Blue Beyond**

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Christian Children Growing up in God s Galaxies is a group of ten...

[Save PDF »](#)