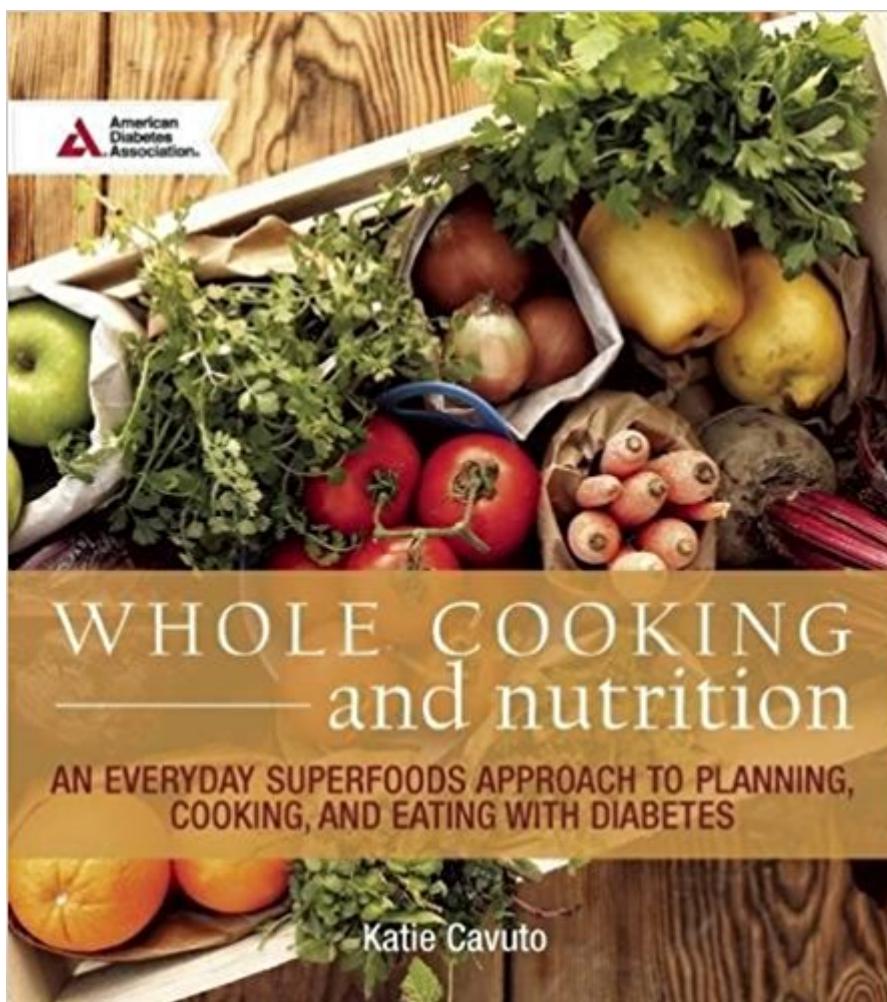


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# Whole Cooking And Nutrition: An Everyday Superfoods Approach To Planning, Cooking, And Eating With Diabetes



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## Synopsis

Enough of the dieting and deprivation! It's time to embrace the joy of eating well with an intention that healthy foods are nourishing, sustaining and delicious. Whole Cooking and Nutrition shifts the conversation away from dieting to one of positive messages and gratifying intentions. The result is a book packed with information to help readers improve their relationship with food, turning a spotlight on 85 every day foods that maximize flavor and boast rich nutrient density that will inspire you to live a healthy lifestyle! With more than 150 vibrant, flavorful recipes, this cookbook promotes a mindful, pleasurable approach to eating. For decades people with diabetes and other ailments have been taught to adhere to strict, uninspired diets eschewing taste in favor of health; this book promotes a healthy lifestyle and, more importantly, restores the joy of eating. With a focus on whole foods, Katie aims to empower readers to get into the kitchen to create her approachable and delicious recipes that are nourishing whether you have diabetes or not!

## Book Information

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Average Customer Review: 4.7 out of 5 stars 30 customer reviews

Best Sellers Rank: #133,444 in Books (See Top 100 in Books) #76 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #152 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #408 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

## Customer Reviews

Katie Cavuto, MS, RD, is a Philadelphia-based dietitian, chef, and wellness advocate. Katie believes that health is about more than what you eat; she promotes self-love, food enjoyment, mindfulness, and gratitude. Katie appears in regular nutrition and cooking segments on local and national television. Her writing and recipes have been showcased nationally in several magazines including, Eating Well; Rachel Ray Every Day; The Huffington Post; Parents; and more. Katie is the dietitian for the Philadelphia Flyers and Phillies and the nutrition advisor for Unite for HER, an organization

that supports and empowers newly diagnosed breast cancer patients. She is the creator of the blog, Nourish.Breathe.Thrive.

I am a big fan of Katie Cavuto, so imagine my delight that "Whole Cooking and Nutrition" is on the market! Katie's book is for those who really want to eat healthy, but who desperately need easy and simple new ideas, thorough nutritional information, and specific instructions on prep. Of course you could download Katie's recipes from her blog or facebook page, but then you would miss gorgeous photographs and Katie's amazing talent for imparting her endless nutritional knowledge in an easy to process manner. You may choose to turn immediately to a recipe, but I would recommend starting Whole Cooking on page one. You'll feel as if you are on a journey to wellness, but having a lot of fun along the way. Thank you, Katie, for this labor of love of joyful eating!

Here's what I like about this cook book. The recipes are easy, there is a nutritional breakdown, the recipes are unique and creative, the illustrations are mouth watering and everything is healthy and tasty! The cook book has the American Diabetes Association logo but don't think that means bland or boring. I've tried a few recipes so far and am loving the Brussel Sprouts with Apples, Shallots and Whole Grain Mustard. Whether you are a 'good' cook or a 'now and then' cook, you will enjoy this cook book. Like I said, easy but unique.

I love cooking, but had totally lost my stride. Having bought a number of cookbooks over the past year that were fun to flip through, and stunning to look at, not one had moved me to get back in the kitchen. SO different with this book. Katie's recipes are accessible, enticing and healthy. Whole Cooking was delivered on Thursday - by Friday I was meal planning (something I have been wanting/meaning to do for months) shopping, and cooking! With the whole family fighting a seasonal cold, we decided to try Gingery Chicken and Vegetable Soup. Affordable ingredients - easy to follow recipe - delicious and satisfying meal. Only thing I would do differently next time... Double the recipe! Can't wait to dive further in. Officially re-inspired, and grateful! Side note: No one in my family is diabetic - aside from reading the cover I would not know this was a lifestyle specific book. Great for healthy eaters of all kinds!

This cookbook balances healthy, fresh, creative and delicious dishes with simple steps and easy execution. I have always been a fan of Katie Cavuto's approach to cooking - her style is right up my alley. What I am beginning to find out as I try her recipes, is that I could easily sustain my family on

a weekly basis with her dishes alone! I can open any page and know I am going to have access to amazing food that will be good for my family and most importantly... extremely easy to prepare! This cookbook is quickly becoming one of my surefire "go tos" when looking for dishes to wow guests and my kids alike! Great book for anyone with a hectic (or not hectic) lifestyle looking to improve their diet with innovative, approachable and delicious meals!

I have been a big fan of Katie Cavuto's blog for some time now. Her marvelous recipes make it a delight to eat healthy, and I was so happy when I learned that she had put a cookbook together. When I first started to make a concerted effort to eat in a way that supports my health, I often found myself trying recipes that made me feel deprived or else seemed like I was swallowing medicine with a nasty taste or texture as fast as I could so I could "get it over with

Just had the Socca with Poached Eggs, Roasted Tomatoes, and Fresh Basil for Sunday breakfast! Absolutely Amazing!Cookbook is beautiful, recipes are well laid out and easy to follow. I especially love the nutrient values on each page, being a severe crohns patient I found them incredibly helpful. Thank you Katie Cavuto for such a wonderful addition to my healthy clean eating!

I first heard Katie speak at a wellness event that I attended last month, and I was just so impressed with her enthusiasm and knowledge! I just had to purchase her cookbook and also order a copy for a family member who lives with Type 2 diabetes (although this book is for everyone, not just those with diabetes). I'm so glad that I did! The first part of the book is chock full of valuable information, as well as tips and tricks for making cooking easy! And then come the recipes- yum! Easy, flavorful, and so healthy!

Good recipes for adults. Not so much the diabetic child in my family. Very informative, well written recipes with photos.

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