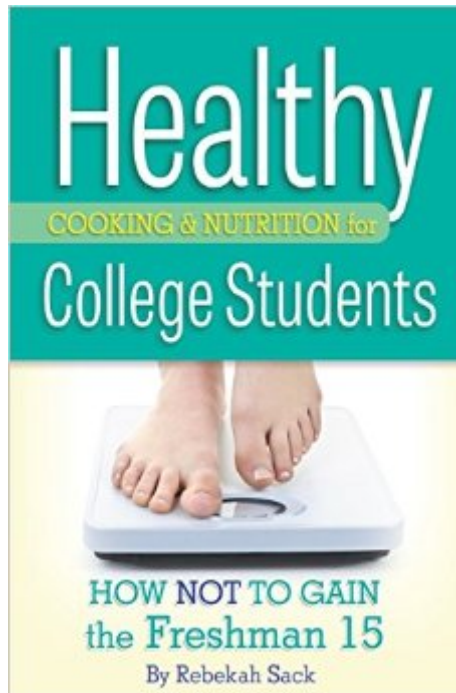


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# Healthy Cooking And Nutrition For College Students: How Not To Gain The Freshman 15



## Synopsis

A recent study, published in the Nutrition Journal, found that one in four college freshmen gain at least five percent of his or her body weight, an average of about 10 pounds, during the first semester. All of this can be avoided with healthy cooking and an eye for good choices. This all-inclusive book covers everything from affordable options to reading ingredient labels. You will learn some basic healthy cooking techniques, the latest nutrition research, the low-down on all the most-talked about diets, and what kinds of foods will improve your college lifestyle. We even take a look at a ton of fad diets, helping you understand the pros and cons of each: The Paleo Diet The Ketogenic Diet Weight Watchers The Atkins Diet Gluten-Free Diets Vegetarian/Vegan Diets The Raw Foods Diet The Daniel Plan The Mediterranean Diet Cleanses If you want to avoid the freshman 15 while also fueling your body with what it needs to be your sharpest, most energized self, then this book is for you.

## Book Information

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