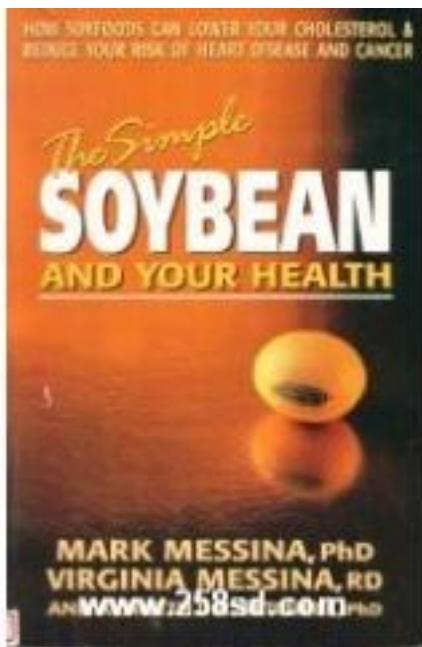


# The Simple Soybean And Your Health



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Introduction  
ome of the most exciting research taking place today involves the use of soybeans in preventing cancer. And happily, adding soy-foods to your diet is one of the easiest lifestyle changes that you can make. Imagine reducing your cancer risk by adding to your menus such delights as frosty fruit shakes; rich creamy pasta dishes; and spicy chili. The versatility of soyfoods allows you to easily make your eating pattern a healthier one.  
If you have not tasted soyfoods lately, you are in for quite a pleasant surprise. Products such as tofu, tempeh, textured vegetable protein, and soymilk can be used to form the basis of some truly delectable dishes.  
This book includes recipes and ideas for an incredible variety of new and familiar foods that include soy. Adding soy to your diet can be as simple as pouring a cup of soy beverage over your

morning cereal or as elaborate and special as whipping up a batch of Banana-Oat Pancakes (see page 190). One of our aims in writing this book is to show you how much fun a healthy diet can be and how easy and pleasant it is to include soy in your meals. But first, we would like to share some exciting news about nutrition. A NEW AGE IN NUTRITION Cancer experts estimate that one out of every three Americans alive today will eventually develop cancer. Cancer is expected to soon surpass heart disease as the leading cause of death in the United States. But there is good news. The National Cancer Institute estimates that one-third of all cancer deaths and that eight out of the ten most common

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