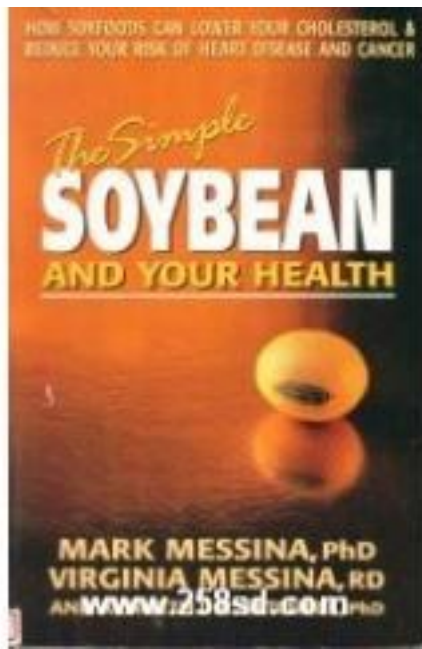


The Simple Soybean And Your Health



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著者: Messina, Mark

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Introduction
> ome of the most exciting research taking place today involves the
> use of soybeans in preventing cancer. And happily¼ 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; rich¼ 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 lately¼ you are in for quite a pleasant
> surprise. Products such as tofui¼ tempehi¼ textured vegetable proteini¼ 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 firsti¼CE 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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目录:

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