



Eat Fit, Be Fit: Health and Weight Management Solutions

Linda Arpino

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Eat Fit, Be Fit: Solutions for Health and Weight Management offers a fresh approach to weight control and nutrition. This unique book provides simple-to-read facts about eating better, controlling blood sugar, being healthy, and managing weight. It contains hundreds of recipes of "super foods" that make you feel great and curb your appetite without having to supersize portions. It includes guidelines for health, weight management, exercise, grocery shopping, and reading food labels. Nutrition principles discuss the impact stress has on hormones that cause overeating and emphasize the importance of not eating on the run to aid in digestion. Also explained is the role of phytochemicals (plant based nutrients) in reducing the risk for cancer, and fiber's impact on the heart, disease, diabetes, and cancer. This text offers information on how to improve bone density, memory and mood with the right food choices. The hundreds of recipes included are easily and quickly prepared and packed with nutritional value. Each recipe is coded so that readers can easily see the nutritional benefit of each meal. Eat Fit, Be Fit offers a well-rounded approach to healthy eating for the entire family, and its easy recipes for health and weight management will make all the difference for long term health.

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