

Book One

HEALTHY FOOD CHOICES

A PURE VEGETARIAN RECIPE BOOK

Revised and Updated



LEONA R. ALDERSON, M.A.

Healthy Food Choices: A Pure Vegetarian Recipe Book, Leona R. Alderson, TEACH Services, Inc., 1994, 0945383983, 9780945383987, 239 pages. This book is a compilation of some of the best recipes used in the HEALTHY CHOICES vegetarian nutrition classes conducted for the public over the past twelve years and is a result of requests from the people who have attended. The recipes are free of animal products and consequently free of cholesterol, use a minimum of separated fat and refined sugars and are free of harmful spices, baking soda, baking powder, and vinegar..

DOWNLOAD [HERE](#)

Absolutely Vegetarian A Complete Guide to Maintaining a Strict Vegetarian Lifestyle!, Lorine Tadej, 1994, Cooking, 160 pages. A vegetarian cookbook rich in common sense and practical guidelines for eating and living better. The author presents a beautiful variety of dishes for every meal. Written with

What to Cook and how to Cook it , Anna L. Colcord, 1998, Vegetarian cooking, 112 pages. Learn how to be a vegetarian from the first vegetarian book (1899) possibly ever printed! Approximately 400 choice recipes are given along with directions on healthful cookery

Fresh from the Vegetarian Slow Cooker 200 Recipes for Healthy and Hearty One-Pot Meals That Are Ready When You Are, Robin Robertson, 2004, Cooking, 275 pages. Introduces a delicious array of two hundred recipes for vegetarian dishes that can be prepared using the slow cooker, organized into sections on soups, stews, appetizers, beans

Caring Kitchens Recipes , Gloria Lawson, 1993, Cooking, 228 pages. Our health and happiness are of infinite concern to our loving Creator, and He understands how our dietary choices can make the difference. Gloria Lawson combines the Biblical

Better Homes and Gardens Biggest Book of Slow Cooker Recipes , Better Homes & Gardens, Chuck Smothermon, Aug 19, 2002, Cooking, 416 pages. Presents a collection of more than four hundred slow cooker recipes for appetizers, beverages, soups and stews, side dishes, main dishes, and desserts..

First Steps to a Vegetarian Family , Carole Clement, 1996, Cooking, 160 pages. At just 14 Ruth has become a passionate vegetarian. Brother Nick is demi-vegi-- can't give up Big Macs. And Dad doesn't care one way or another, as long as things don't change

Tofu Mania 120 Easy Recipes for the Dishes You Love - With the Added Benefits of Tofu, Brita Housez, 2005, Cooking, 193 pages. Demonstrates how to render tofu a healthful staple by incorporating it into favorite dishes, in a volume that provides for a variety of entrees and sides and features 120 easy

Angel Foods: Healthy Recipes for Heavenly Bodies, Part 4 Healthy Recipes for Heavenly Bodies, Cherie Soria, 2003, Cooking, 240 pages. This heavenly book is a cornucopia of exciting and adventuresome foos. It includes a wide variety of cooked and uncooked low-fat recipes with an international flavor, tempting

Healthy Food , Jenny Giles, Beverley Randell, Annette Smith, 2001, Food, 16 pages. A family's visit to a supermarket encourages children to think, reason and express their knowledge and views about healthy food. This book further reinforces the non-fiction

Raw Food Quick & Easy Over 100 Healthy Recipes, Mary Rydman, 2009, Cooking, 186 pages. The latest in the Raw Food series provides over one hundred new, healthy, quick, and easy to make raw food recipes, with tips for making your food preparation even easier, and

Seven Secrets Cookbook Healthy Cuisine Your Family Will Love, Neva Brackett, Jim Brackett, 2006, Vegetarian cooking, 124 pages. Lose weight, lower cholesterol, reverse diabetes and enjoy delicious food at the same time. It's not too good to be true..

Muffins & More , Jean Paré, Apr 1, 1983, Cooking, 156 pages. Get prepared for company with these recipes for great tasting muffins, loaves, biscuits, scones, and quickbreads--all quickly and easily prepared without yeast..

Eating light, eating right simple recipes for a healthy life, Shauna Ratner, Frances Johnson, May 1, 2002, Cooking, 208 pages. "Eating Light, Eating Right" is a practical, low-fat cookbook from the Healthy Heart program at St. Paul's Hospital in Vancouver, B.C. The recipes come from the real experts on

Low-Fat Cooking , Jean Paré, 2001, Cooking, 157 pages. .

Returning Back to Eden , Betty Ann Peters, Mar 1, 1994, Cooking, 121 pages. No more dry, tasteless recipes to wander through. This book makes vegetarian cooking easy and fun. These recipes have been taste tested by the world wide travelers that have

This book is a compilation of some of the best recipes used in the HEALTHY CHOICES vegetarian nutrition classes conducted for the public over the past twelve years and is a result of requests from the people who have attended. The recipes are free of animal products and consequently free of cholesterol, use a minimum of separated fat and refined sugars and are free of harmful spices, baking soda, baking powder, and vinegar.

This is a completely new book, following the same format as Healthy Food Choices. It has the same features (guidelines for vegan menu planning, suggested seven day menu showing how easy it is to get all the recommended nutrients, breakdown per serving for each recipe, and easy-to-follow directions.) Class participants have been pleasantly surprised to find how delicious the food is, even though it is low-fat, low-sugar, and high fiber!

Acid 0 g Basic Components Vitamins Boron Caffeine 0 mg Calories Source celery Cholesterol 0 mg Components Vitamins Minerals Fat Exchanges Protein Fats Zinc Food Choices Book g Folate g Niacin g Omega g Other Fats g Pantothenic g Vitamin Healthy Food Choices mcg 0 mcg mcg Dietary Fibre mcg Insoluble Fibre mcg Iron mcg Magnesium mcg Molybdenum mcg Mono Fat mcg Other Carbs mcg Potassium mcg Selenium mcg Vitamin mg Calcium mg Carbohydrates mg Chromium mg Copper mg Fat mg Iodine mg Manganese mg Monosaccharide mg Phosphorus mg Poly Fat mg Saturated Fat mg Sodium mg Soluble Fibre mg Source mg Sugar mg Trans Fatty mL 1 cup Mono Unsat Niacin Equiv Omega 3 Fatty Other/Missing oz-wt Pantothenic Acid Poly Unsat quinoa Riboflavin-B2 Serving Sodium Source of Calories Source of Fat Starch Sugar Total Thiamin-B1 tofu Trans Fatty Acid Vegetables Vitamin E mg Vitamin-B12 0 mcg Vitamins Minerals Calories

Acid 0 g Alcohol 0 g Basic Components Vitamins Boron bulgur Caffeine 0 mg Calones Source Calories celery Cholesterol 0 mg Components Vitamins Minerals cornstarch Fat Exchanges Protein Fats Cholesterol Fatty Acid 001 g Biotin g Caffeine g Folate g Niacin g Niacin-B3 g Pantothenic g Source g Vitamin mcg 0 mcg mcg Dietary Fibre mcg Insoluble Fibre mcg Manganese mcg Mono Fat mcg Other Carbs mcg Phosphorus mcg Selenium mcg Sodium mg Alcohol mg Calcium mg Carbohydrates mg Copper mg Disacchandes mg Iodine mg Iron mg Monosacchande mg Omega mg Poly Fat mg Potassium mg Saturated Fat mg Soluble Fibre mg Trans Fatty mg Zinc mL 1 cup mL 1 tsp Mono Unsat Niacin Equiv Omega 6 Fatty oregano Other/Missing oz-wt Pantothenic Acid Poly Unsat Riboflavin-B2 rolled oats Source of Calones Source of Fat Starch Thiamin-B1 tofu Trans Fatty Acid Vitamin E mg Vitamin-B12 0 mcg Vitamins Minerals Calones

Leona R. Alderson has a B.Sc. from Atlantic Union College in Massachusetts and her M.A. from Andrews University in Michigan. She holds an Ontario Permanent High School Assistant's Certificate in Home Economics. Since she was a young child, one of the author's favorite activities has been food preparation. Before she could read, her mother used to tell her step by step what to do in preparing a dish. She was never so happy as she was when helping to prepare meals for

company. This is still one of her favorite pastimes. She taught elementary school for seventeen years, high school and college nutrition for twenty-three years. While she was teaching high school, she started conducting pure vegetarian classes (using no animal products) for the public and has conducted or helped organize over thirty-five series in the last twelve years. The classes are well attended by professional people including medical doctors, nurses, teachers, and preachers, many of whom have attended several series and recommended them to their friends. Some people attend because of various physical problems such as allergies to dairy products, high cholesterol, obesity, or diabetes. Others attend because of concerns about the world food supply or cruelty to animals.

Portions of this page may be (c) 2006 Muze Inc. Some database content may also be provided by Baker & Taylor Inc. Copyright 1995-2006 Muze Inc. For personal non-commercial use only. All rights reserved. Content for books is owned by Baker & Taylor, Inc. or its licensors and is subject to copyright and all other protections provided by applicable law.

Customers within Australia: Shipping flat rate AU\$7.50 to any address, regardless of weight, with additional units charged at weight-based cost. Your package will be securely handled & posted from England via Priority Airmail, which is air freighted to your closest Australia Post distribution center (Sydney, Melbourne, Brisbane, or Perth), from where they are delivered to your address by Australia Post. Due to our listings requiring immediate PayPal payment, we cannot combine postage costs across different items.

International customers outside Australia: Listing currency is Australian Dollars (AUD), shipping flat rate AU\$9.50 (approximately US\$9.00), except United Kingdom at AU\$5.00 (approximately £3.00). Orders to international addresses are dispatched from the United Kingdom. Delivery time: UK 4-7 days. New Zealand, USA, Canada, Japan (all 7-14 days), all other Rest of World 10-28 days by Priority Airmail. New Zealand orders are split to Auckland and delivered by NZPost.

Excludes: Philippines, Vietnam, China, Georgia, India, El Salvador, Haiti, Honduras, Saudi Arabia, Turkey, Yemen, Mexico, Austria, Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, Republic of, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Guernsey, Hungary, Ireland, Italy, Jersey, Latvia, Lithuania, Luxembourg, Malta, Monaco, Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, United Kingdom, Algeria, Angola, Benin, Burkina Faso, Burundi, Cameroon, Cape Verde Islands, Central African Republic, Chad, Comoros, Congo, Democratic Republic of the, Congo, Republic of the, CÃ´te d'Ivoire (Ivory Coast), Djibouti, Egypt, Equatorial Guinea, Eritrea, Ethiopia, Gabon Republic, Gambia, Ghana, Guinea, Guinea-Bissau, Kenya, Lesotho, Liberia, Libya, Madagascar, Malawi, Mali, Mauritania, Mauritius, Mayotte, Morocco, Mozambique, Niger, Nigeria, Reunion, Rwanda, Senegal, Seychelles, Sierra Leone, Somalia, Swaziland, Tanzania, Togo, Tunisia, Uganda, Western Sahara, Zambia, Zimbabwe, Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Suriname, Uruguay, Venezuela

By clicking Confirm bid, you are committing to buy this item from the seller if you are the winning bidder and have read and agreed to the Global Shipping Program terms and conditions - opens in a new window or tab. Import charges previously quoted are subject to change if you increase your maximum bid amount.