



Let's Cook It Right

By Adelle Davis

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Let's Cook It Right By Adelle Davis

Here is one of the most popular, helpful, and widely praised cookbooks ever published. Dedicated to the principle that foods can be prepared to retain their delightful flavors, as well as their rewarding nutrients, Adelle Davis, a well-known nutritionist, has completely reviewed the recipes in this edition, added dozens of new ones, rewritten old ones, deleted little used ones, and changed hundreds to keep pace with recent scientific findings. In addition to nearly four hundred basic recipes for preparing every type of food, she has supplied thousands of easy-to-fix variations of them. A major change in this new edition has been to reduce solid fats to a minimum and to increase the use of vegetable oils, thus minimizing dangers from a high level of cholesterol in the blood. Adelle Davis has also attempted to eliminate any ingredients that contain possible cancer-producing additives, such as those found in chemicals used in certain colorings, preservatives, bleaches, artificial sweeteners, flavorings, and dyes. She also warns against food contaminations from lacquers, enamels, waxes, and some widely used insecticide sprays. Easy-to-follow, concise, and complete, this new edition will be warmly welcomed by every homemaker who wishes to maintain her family's maximum physical and emotional well-being.

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Let's Cook It Right By Adelle Davis Bibliography

- Sales Rank: #345880 in Books
- Published on: 1962-06
- Original language: English
- Number of items: 1
- Binding: Hardcover
- 597 pages

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