



The New Mayo Clinic Cookbook: Eating Well for Better Health

Donald D. Hensrud, Jennifer Nelson, Cheryl Forberg RD, Maureen Callahan, Sheri Giblin

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Who hasn't vowed to eat healthier? But who wants to give up great taste? Now you can have both.

Introducing the cookbook that will change your mind about healthy meals, from the esteemed Mayo Clinic, the foremost authority on healthy cooking in America. Dedicated to the art of eating well, this all-new volume offers 150 inspired recipes for delicious dishes with appetizing photography and detailed nutritional analysis. Also includes Mayo Clinic's New Philosophy of Cooking and Healthy Weight Pyramid. Destined to be a daily staple for health-conscious cooks everywhere.

Key Features:

- 150 delicious recipes
- Up-to-date nutritional information on the world's healthiest foods
- Foolproof techniques for bringing out ingredients' richest flavors
- Approachable strategies for achieving nutritional goals

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