



Antioxidant Power: 366 Delicious Recipes for Great Health and Long Life

Dolores Stewart Riccio

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The sixth title in the 366 Ways to Cook series focuses on antioxidants and how they strengthen the immune system to prevent heart disease, cancer, neurological disease, and some effects of aging. "Antioxidant Power" features appetizers and snacks; soups and chowders; grains, rice, and pasta; main dishes; vegetable and fruit side dishes; breads and muffins; salads; and healthful yet satisfying desserts, for a total of 366 easy-to-make recipes, and includes antioxidant rich menus for complete meals. Each recipe includes a nutritional analysis that counts calories, fat, percentage of calories from fat, sodium, protein, fiber, calcium, and cholesterol. Also provided are explanations about what role each antioxidant plays in maintaining good health, and a list of foods featuring each of these nutrients.

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