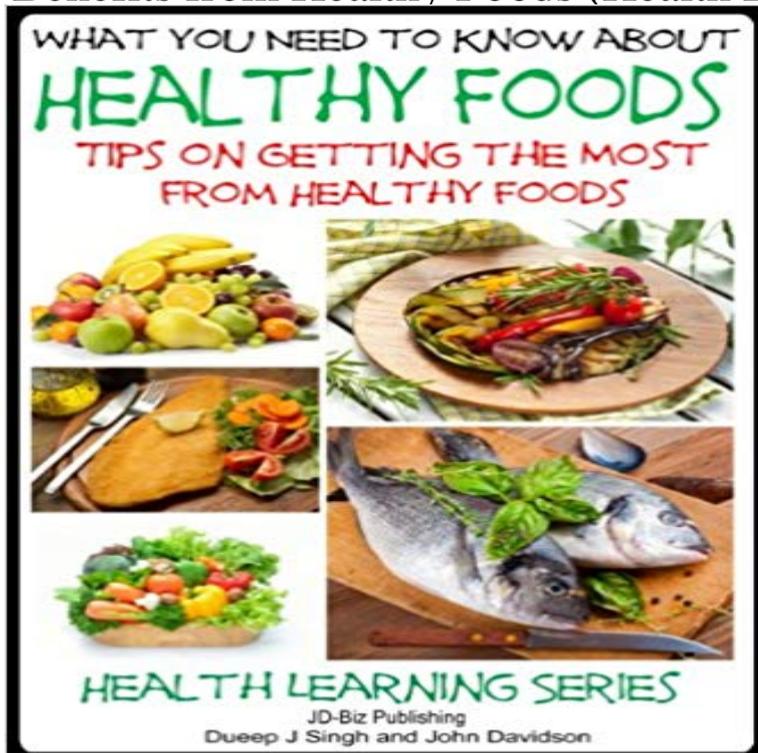


What You Need to Know about Healthy Foods: Tips on Getting the Full Benefits from Healthy Foods (Health Learning Series Book 69)



What You Need to Know about Healthy Foods Tips on Getting the Full Benefits from Healthy Foods Table of Contents Tips to Get Full Benefit of Healing Foods Introduction Organically Grown Fresh Green Vegetables. Choosing Vegetables. How to Store Vegetables. Right tips For Boiling Vegetables Pressure Cooking. Baking vegetables. Steaming vegetables Steaming Fish Episode Cooking Frozen Vegetables. Heating canned vegetables. Eggs How to Store Eggs. Tips on Cooking Eggs. Poached eggs Cheese How to Store Cheese Cottage Cheese Salad Cheese and Fruit Tray. Fresh Fruit. Fresh Fruit Tips Frozen, Canned and Dried Fruits Fruit Cup Apples Baked Apples Applesauce Fish. Cooking Fish the Healthy Way Baked Fish Steaks and Fillets Broiled fish. Baked Stuffed fish. Bread stuffing Poached fish. Court Bouillon Pan Fried Fish. Conclusion Author Bio Introduction Why were our ancestors so healthy? How did Methuselah live 900 years? How did our ancestors manage spans of longevity, when they were not influenced by wars and disease? Well, the answer is very clear. They were extremely careful about their diet. The ancient wise men advocated a diet of fruit and vegetables, fresh from the trees, and less of high-protein, in the shape of animals, fish and game. Ordinary bread was the easiest way in which man got his quota of cereals every day. This whole wheat or grain bread was cooked on a grill and eaten with vegetables and meat dishes. However, as time went by, man began changing his dietary habits. He started domesticating animals, which included poultry, cattle and other animals from where he could get protein supplements in the shape of meat. And so as time went by, he began concentrating more on meat dishes to add variety to his food, rather than plant products. So as centuries went by, this change in diet slowly and steadily began to have an adverse effect on his

health. He started eating less vegetables and fruit, and started concentrating more on protein from animal products. And so his system and physiology began to change accordingly. Nature tried its best to incorporate this change in diet into his natural system. If man had it his way, he would subsist only on meat with less of fruit and vegetables. However, the wise men were still intelligent enough to make man understand that he needed a natural balance of healthy carbohydrates, proteins, minerals, and other essential nutrients, which could not be obtained by eating just a one-sided diet concentrating on just one particular food group. And so they began to tell people more about how necessary it was to eat healthy, beneficial healthy giving foods. These needed to be eaten every day, so that the body could function normally and properly to keep it in proper healthy running condition. Scarcity of these healthy giving foods would give rise to ailments which would weaken the body. Luckily, man was practical enough to understand the wisdom of such knowledge. And that is why down the millenniums we are still eating fruit and vegetables, herbs and spices. You may say that you know how to choose, cook and preserve a number of foods given in this book. But there are still some helpful tips, which are going to come in useful, when preparing healthy meals for your family. Naturally the tips are time tested! So here are some healthy giving and healing foods, which you need to have in your daily diet, to keep you bright eyed and bushy tailed. And naturally, nuts come in this category. Some of these foods are vegetarian and some of them are non-vegetarian. So it depends upon your eating habits, which of them you incorporate in your daily diet. But remember that no food can be compensated with another food. Every single food item in the world has its own unique properties. So if you think that eating lots of honey instead of beetroot sugar is going to keep you healthy, no, that cannot be done, and vice versa.

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