

Contents

Foreword	vii
Preface	ix
Acknowledgements	xi

Part One: Information Is Key

1	Simple Choices for Healthier Eating: It's a Lifestyle Choice	1
2	Food Labels: Understanding for Healthier Eating	4
3	Fats: A Healthy Balance	8
4	Sodium: How Much Is Too Much?	12
5	Fiber: The Health Difference	14
6	“Sugars”: Enjoying in Moderation	16
7	Protein: Quality Counts	18
8	Heart Health: Simple Choices, Big Impact	22
9	Diabetes: Knowledge for Prevention	24
10	Gluten: Understanding Why Some People Need to Avoid It	26
11	Whole Foods: Natural Sources of Goodness	28
12	Maximizing the Benefits of Healthier Eating: Transitions to Better Living	30

Part Two: Recipes – The Heart of It All

13	Tips for Getting Started with the Recipes	32
14	Vegetables	36
15	Condiments	92
16	Making a Meal with Salads	94
17	Breakfast and Brunch Ideas	103
18	Travel Lunches	116
19	Soups, Stews and Casserole Meals	118
20	Quick-Fix Meals	140
21	Cooking for One or Two	159

22	Holiday Dinner Makeover	161
23	Keep Snacking Healthy	166
24	Family Fun Nights	167
25	Beverages	172
26	Breads and Grains	174
27	Desserts	196

Part Three: The Extras

Notes	210
Cook’s Glossary	216
Fiber Guide	219
Seasoning Glossary	220
Sweetener Glossary	223
Gadgets, Measuring and More	225
Healthier Choices Shopping Guide	229
Topic and Recipe Index	233
Our Synergism in Action	241
The Making of a Cookbook	241
Contact Us	242
About the Authors	243

Food photos by Dorie Fink and Sondra Lewis

Pumpkin Pancakes with Blueberry Pancake Syrup, page 188
Pepper-Corn Chili, page 130
Fancy Hamburgers, page 146
Confetti Dip, page 42
Wilted Spinach Salad, page 101
Pizza, pages 168–170
Cheese Biscuits, page 183
20-Minute Stir-Fry Dinner, page 61