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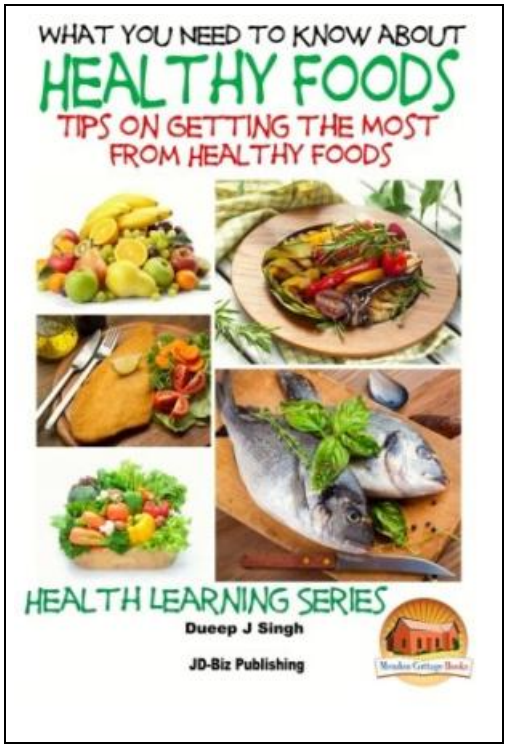

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WHAT YOU NEED TO KNOW ABOUT HEALTHY FOODS: TIPS ON GETTING THE FULL BENEFITS FROM HEALTHY FOODS

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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...

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