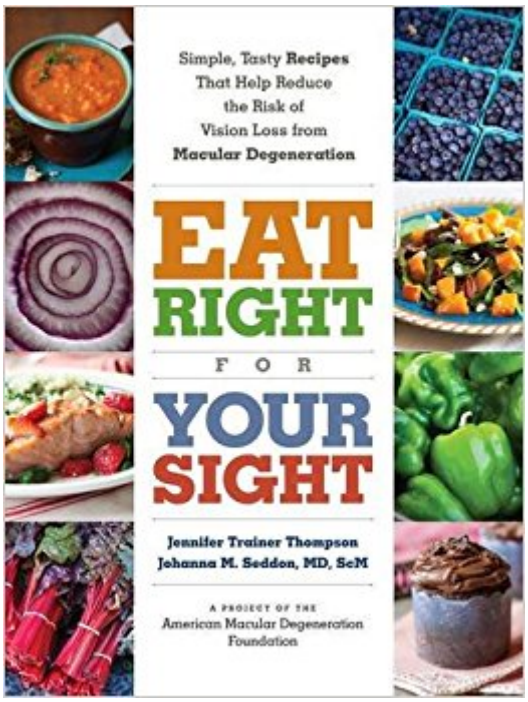
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Eat Right For Your Sight: Simple, Tasty Recipes That Help Reduce The Risk Of Vision Loss From Macular Degeneration



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Synopsis

Safeguard your vision with 85 simple, satisfying recipes rich in the nutrients that fight macular degenerationThe Bad News: Age-related macular degeneration (AMD) is the leading cause of central vision loss in adults over the age of fifty. It can wreak havoc on the ability to see faces, read, drive, and move about safely. Millions of people are at risk, and we still donÃ¢â ¬â„¢t have a cure.The Good News: The latest research suggests that healthy lifestyle choices, including a diet rich in lutein, zeaxanthin, and other key nutrients, can delay the onset and progress of AMD. Eat Right for Your Sight provides a delicious way to add the best ingredients for eye health to every meal of the day. Feast your eyes on these appealing recipes:Sweet Pea GuacamoleChicken-Vegetable Noodle BowlsGarlic-Lime Pork ChopsCarrot-Ginger Juice . . . and more!Every recipe includes comprehensive nutrition information and has been carefully crafted to act like medicine, but not taste like it. Taking care of your eyes has never been easier! With Recipes from Lidia Bastianich, Ina Garten, Jacques PÃƒÂ©pin , Alice Waters, Andrew Weil, MD, and other superstars of healthy cooking.

Book Information

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Customer Reviews

Ã¢â ¬Å“A diet rich in lutein, zeaxanthin and other key nutrients may delay the onset and progress of age-related macular degeneration (the leading cause of central vision loss in adults over 50), and these recipes can help fit eye health into every meal.Ã¢â ¬Â•Ã¢â ¬â •Food and Nutrition Magazine Ã¢â ¬Å“Eat Right for Your Sight is a beautifully illustrated, 240 page compendium comprise of palate pleasing, appetite satisfying, nutritionally enhanced dishes that would be appropriate for any

and all dining occasionsÃ¢â ¬â •and have the additional benefit of being impressive sources of the kinds of nutrients that healthy eyes and eyesight require.Ã¢â ¬Â•Ã¢â ¬â •Midwest Book Review Ã¢â ¬Å“I often call my medical thrillers Ã¢â ¬ËœCook Books,Ã¢â ¬â„¢ but Eat Right for Your Sight is a wonderful real one that proves Benjamin FranklinÃ¢â ¬â„¢s adage that an ounce of prevention is worth a pound of cure!Ã¢â ¬Â• Ã¢â ¬â •Robin Cook, MD, best-selling author and physician Ã¢â ¬Å“This isnÃ¢â ¬â„¢t just a cookbook for eye health, itÃ¢â ¬â„¢s a blueprint for healthy eating in general. I love all the nutrition tips: combine spinach and strawberries to maximize your iron absorption; add roasted squash to hummus puree to boost your vitamin A intake. And it really should be called Eat Right Tonight. There are so many dishes I want to make right now. Grilled Oysters. Pumpkin Pappardelle. Pear and Raspberry Galette. If this is health food, I want to see the light!Ã¢â ¬Â• Ã¢â ¬â •David Joachim, author of Cooking Light Global Kitchen and collaborator on more than 40 other cookbooks

Jennifer Trainer ThompsonÃ Â is the author of 18 books, including Fresh Fish,Ã Â The Fresh Egg Cookbook,Ã Â andÃ Â Hot Sauce! Nominated for three James Beard Awards, she has been featured inÃ Â Martha Stewart LivingÃ Â andÃ Â Coastal Living magazines, and she has written forÃ Â Yankee, Travel & Leisure,Ã Â theÃ Â Boston Globe,Ã Â andÃ Â theÃ Â New York Times,Ã Â among other publications. Thompson is the chef/creator of Jump Up and Kiss Me, an all-natural line of spicy foods. She splits her time between the Berkshires and Buzzards Bay in Massachusetts.Johanna M. Seddon, MD, ScM, is a professor of ophthalmology at Tufts University School of Medicine, and the founding director of the Ophthalmic Epidemiology and Genetics Service at the New England Eye Center, Tufts Medical Center. Her research has earned numerous awards and honors.

I've tried four of the recipes and looked carefully at the others and find they are nothing unusual from how I've been cooking for years. They were good, but nothing outstanding. I guess if I were new to the cooking scene I may have liked this book better. For someone who knows little about eating right and eyesight, this is probably a good book.

I look for recipes in all the time

Great book.

Nothing too exciting here---I keep trying to find a recipe I want to make, but so far nothing!

Informative. Just what my sister and I need to start working seriously on eye health. Got it in record time and it’s brand new.

Great book ...Good & delicious recipes

Beautiful photos. Inspiring text. Important information for each recipe.The problem for me about this cookbook is that most of the ingredients are ones that I already eat. They are the same ones--brightly colored vegetables--that prevent heart disease, Alzheimers, inflammation, you name it.The other ingredients have names with which I am not familiar and I don’t know where to buy them. They are probably not available in my little town.

Learning a lot!

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