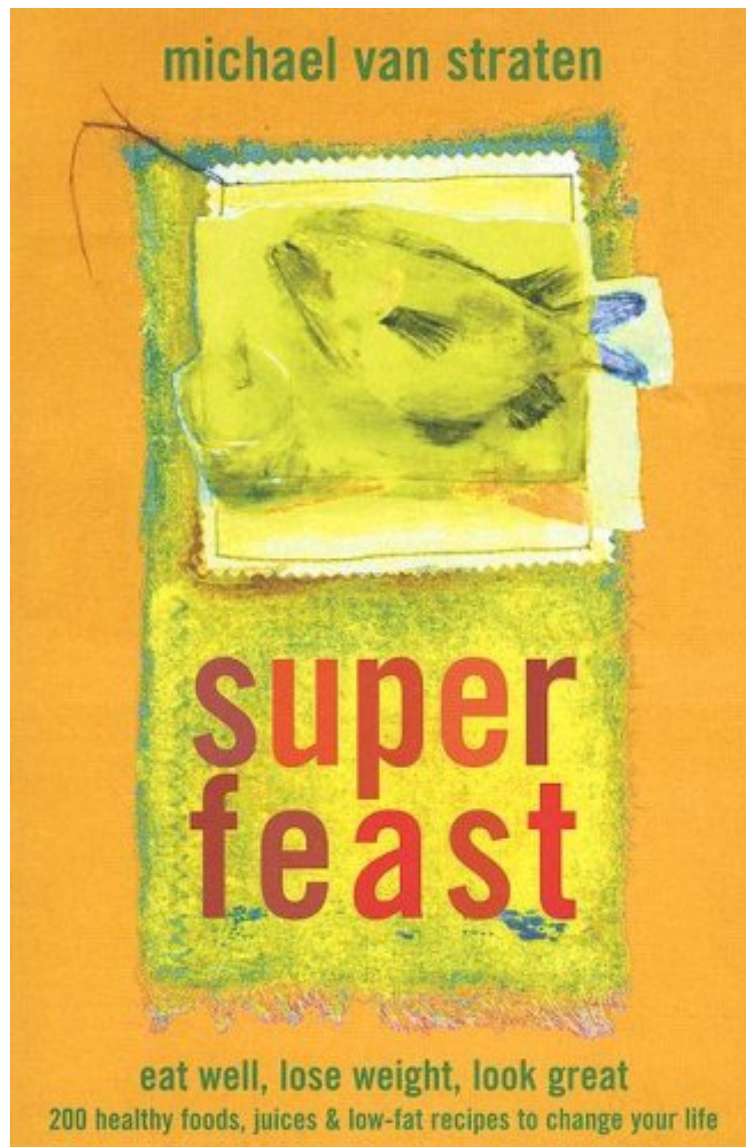


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## Superfeast: Eat Well, Lose Weight, Look Great: 200 Healthy Foods, Juices, Low-Fat Recipes to Change Your Life

*Michael van Straten*

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Life:

This detailed survey discusses the 100 best super foods, super drinks, and top recipes that allow you to create your own healthy feasts, making the most of natural foods and combining them in imaginative ways to create maximum flavor and optimize health and nutritional benefits. Specific sections are included on eating for pregnancy, anti-aging foods, low-carb choices, and nutrition to prevent heart disease.

About the Author Michael van Straten's previous books include Superjuice, Super Soups, What's Up Doc?, and The Superfood Pocketbook.