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Superjuicing: More Than 100 Nutritious Vegetable and Fruit Recipes

Tonia Reinhard MS RD

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Tonia Reinhard MS RD : Superjuicing: More Than 100 Nutritious Vegetable and Fruit Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Superjuicing: More Than 100 Nutritious Vegetable and Fruit Recipes:

1 of 1 people found the following review helpful. It's so great that the author is a professional dietician By J. Martin It's so great that the author is a professional dietician, in addition to being an excellent writer of cookbooks. The nutritional analyses of the juices and smoothies are so helpful--so much more than just recipes. I love the easy-to-read charts that include vitamins and phytochemicals for each juice combination--makes it so easy to target my personal needs for minerals and vitamins. I liked the recipes, too. There are about 70 pages of detailed information on good nutrition and phytochemicals for better health, fighting disease, obesity issues, and improving immunity. I was so glad to read the author's new perspectives on the nutritional analyses for each recipe. Most importantly the information is really up-to-date, and I think it's a great value for the money. Plus it's fun to read--do add it to your cookbook

collection!0 of 0 people found the following review helpful. Great book. I had purchased one for myself and ...By sewnhrtGreat book. I had purchased one for myself and have since purchased 2 more as gifts for my daughter and daughter in law.0 of 0 people found the following review helpful. Five StarsBy Cheryl R. Toskalove all the ideas for delicious recipes.

More than 100 delicious, nutritious recipes for health-conscious readers from the author of Superfoods. For the legions of health-conscious readers and those trying to lose or maintain weight, this comprehensive book presents a near-painless, appetizing program to getting on track using the nutrient-dense approach to eating. Superjuicing will appeal to parents of young children who have the challenge of encouraging adequate vegetable intake. The link between chronic disease and diet is well known, yet only recently have many people decided to focus on nutrient-dense foods or superfoods. The challenge is how to use these foods regularly at home, and Superjuicing reveals the easy way to do just that. It also provides detailed information on the health benefits of juicing, the basics on how to juice foods and how to whip up delicious recipes -- drinks, desserts, entrees and even meal replacements -- using a specialized juicer or simple blender. Readers can plan meals around healthy juice entries starting with simple beverages and expanding the juice concept for creating healthy entrees and desserts. The book incorporates using these nutrient-rich foods in combinations that maximize the nutritional benefits of each food. This nutrient-rich program translates into obtaining the highest level of nutrients and phytochemicals in the least amount of calories, which helps to reduce risk of chronic disease and obesity. In addition to the over 100 recipes, Superjuicing includes: How the foods used in juicing can help to prevent diseases and cancers Benefits of healthy carbohydrates, fats, proteins, vitamins and minerals Phytochemicals and antioxidants in health and disease How to use high-impact additives and super enhancers Blenders and juicers (centrifugal, single- and double-auger) Recommended thinning agents (e.g. coconut water) and their advantages Nutrition tips and food safety concerns. Superjuicing is written by a professional nutritionist who provides a complete and comprehensive nutritional analysis for each recipe in the book.

Adding nutrient dense foods to your diet is a big step forward in improving your general health... One of the advantages of juicing is that while many of us may want to eat better, if it doesn't taste good chances are we won't bother... Reinhard provides 100 recipes--82 sweet and 18 savoury--that will tempt any palate. (Terry Peters North Shore News 2014-02-16)About the Author Tonia Reinhard, MS, RD, is the director of the Coordinated Program in Dietetics and a senior lecturer at Wayne State University in Detroit, Michigan. She is also the course director for Clinical Nutrition at the School of Medicine at Wayne State and adjunct faculty in nutrition at the University of Detroit Mercy School of Dentistry. She has experience as a clinical dietitian, an outpatient counselor, a manager of clinical nutrition at a hospital and as a director of a university nutrition education program. Excerpt. copy; Reprinted by permission. All rights reserved.How to Use this Book If you've opened this book, you are most likely trying to make your diet healthier. You may be tempted to skip straight to the recipe section, which is perfectly fine, and if so, skip to Section 2. However, cultivating a healthy diet is more than just adding a few recipes that include flaxseed and blue-green algae, or whatever the superfood du jour happens to be. It requires changing the way you understand and think about food. For that reason, we've laid out the book in the following way: The first section of the book, "Juicing Fundamentals," includes chapters covering key points about juicing, basic nutrition principles and some general tips for making your juicing experience as fun and healthful as possible. So if you have a good handle on these topics, skip ahead to the next section. You can always come back to the first section later, or use it as a reference. The second section contains the recipes, and the first chapter of this section includes important recipe information. Then the recipes are organized based on juicer recipes, which come first, and blender or food processor recipes. Within those two basic recipe categories, sweet beverage recipes come first, with savory or soup recipes last. See page 90 for recipes made with a juicer, and page 148 for recipes made with a blender or food processor. Juicer recipes will yield a true juice, of thin consistency, whereas blender recipes yield thick smoothies, which preserve the fiber content of the ingredients. You'll find more information on the advantages of each method back in Chapter 1, "The Why of Juicing." The final section of the book provides you with additional resources, including a glossary and useful websites for accurate, helpful nutrition information.