



Ebook Directory
the best source of ebook

The book was found

Healthy Cooking & Nutrition For College Students: How Not To Gain The Freshman 15



Synopsis

A recent study, published in the Nutrition Journal, found that one in four college freshmen gain at least five percent of his or her body weight, an average of about 10 pounds, during the first semester. All of this can be avoided with healthy cooking and an eye for good choices. This all-inclusive book covers everything from affordable options to reading ingredient labels. You will learn some basic healthy cooking techniques, the latest nutrition research, the low-down on all the most-talked about diets, and what kinds of foods will improve your college lifestyle. If you want to avoid the freshman 15 while also fueling your body with what it needs to be your sharpest, most energized self, then this book is for you.

Book Information

Library Binding: 216 pages

Publisher: Atlantic Publishing Group Inc; Student edition (November 30, 2016)

Language: English

ISBN-10: 1620232553

ISBN-13: 978-1620232552

Product Dimensions: 6.1 x 0.7 x 9.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,878,586 in Books (See Top 100 in Books) #82 in [Books > Teens >](#)

[Personal Health > Diet & Nutrition](#) #93 in [Books > Teens > Hobbies & Games > Cooking](#)

#356 in [Books > Teens > Education & Reference > Reference](#)

Customer Reviews

Rebekah Sack is a nonfiction author who has written several helpful guides for the young adult audience. Her passion for helping teens survive the rollercoaster of youth translates onto each page of her books. A summa cum laude graduate of Illinois State University, she now works for Atlantic Publishing Group as the in-house editor.

[Download to continue reading...](#)

Healthy Cooking & Nutrition for College Students: How Not to Gain the Freshman 15 Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for

One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Ketogenic Diet Cooking For One: Easy Recipes For One, That Makes Cooking Healthy For Yourself Simple (Healthy Cooking for One, Ketogenic Diet Recipes) ROOKIE: Surviving Your Freshman Year of College Soccer CLEP Freshman College Composition (CLEP Test Preparation) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) Nutrition for a Healthy Mouth (Sroda, Nutrition for a Healthy Mouth) The Kids' College Almanac: A First Look at College (Kids' College Almanac: First Look at College) The Six Sided Box: Fast and Easy Cooking: Microwave Cooking Simple Recipes Fresh Ingredients (perfect for busy moms and college students) Easy Low Fat & Low Cholesterol Mediterranean Diet Recipe Cookbook 100+ Heart Healthy Recipes & Meals Plan: Healthy Cooking & Eating Book with Low Salt, ... Nutrition & Dieting Recipes Collection) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Healthy Meal Prep: Healthy Cookbook Recipes for Weight Loss, Paleo Diet, Summer Recipes, American Cooking, Cookbook of Fish, Meat, Chicken, Vegetarian, Vegan, Soups & Stews - Cooking Recipe Anthology Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) The K&W Guide to Colleges for Students with Learning Differences, 13th Edition: 353 Schools with Programs or Services for Students with ADHD, ASD, or Learning Disabilities (College Admissions Guides) Reading Lists for Coll Bound Students, 3 (Reading Lists for College-Bound Students)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)