



DIETITIANS OF CANADA

Simply Great Food

250 quick, easy & delicious recipes

Dietitians of Canada would like you to enjoy the pleasures of preparing and eating delicious and nutritious home-cooked meals every day of the week — not only because healthy eating is good for you, but also because it has been proven that families who prepare and eat meals together have healthier eating habits. With that in mind, they have developed this comprehensive book of current nutritional information, along with a toolbox of simple solutions to help you turn this knowledge into action, even on the busiest days. With more than 250 nutritionally balanced, user-friendly recipes, *Simply Great Food* provides you with everything you need to prepare tantalizing meals in surprisingly little time.

- Nutrition advice from registered dietitians
- A complete review of the basic principles of healthy eating
- Nutrient analysis with every recipe
- Meal planning how-to's, such as "Planned Extras"
- Grocery shopping know-how
- Food safety information
- Dozens of full-color photographs
- Appetizing recipes for every occasion, from family meals to formal feasts



Dietitians of Canada
Les diététistes du Canada

Dietitians of Canada (DC) is the nationwide voice of dietitians — the most trusted source of information on food and nutrition for Canadians. With 5,500 members, who meet academic and experience standards, DC is the only national organization of dietitians in Canada and is one of the largest professional dietetic organizations worldwide.

Visit www.dietitians.ca

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