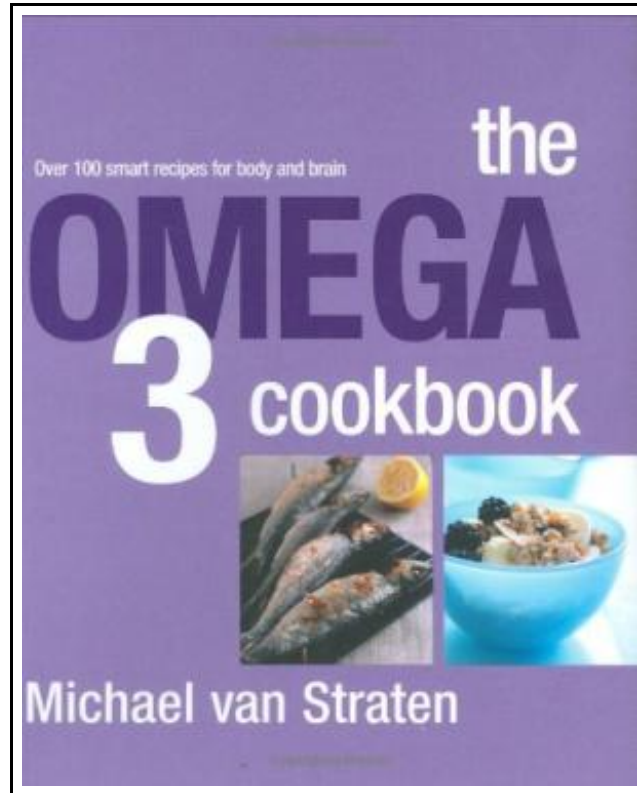


Omega 3 Cookbook



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(Audrey Lowe I)

OMEGA 3 COOKBOOK



Kyle Books. Paperback. Book Condition: new. BRAND NEW, Omega 3 Cookbook, Michael Van Straten, Eat your way to good health - this is the cookbook for smart kids and healthy adults. Why will sardines make you smarter? How do I balance eating more tuna with the warnings about its mercury content? Why is tuna tinned in oil better than tuna tinned in brine? And what if I am a vegetarian? Omega 3 fatty acids are now acknowledged as the wonderfood of all wonderfoods. Found in oily fish such as mackerel and sardines, these essential fatty acids can help to reduce the risk of heart disease and diabetes, maintain good vision and improve inflammatory conditions such as arthritis and eczema. Their anti-inflammatory action may also explain why deficiencies in omega 3 could also be related to mood and behavioural conditions such as depression, chronic fatigue syndrome, autism, ADHD and dyslexia. Omega 3 oils are also essential for a healthy brain and nervous system - a recent research study showed that children given fish oil supplements for three months showed a three-fold increase in their reading skills. In this book, Michael van Straten has created inventive recipes that will make eating more foods rich in fatty acids a real joy (most people manage less than half the daily recommended intake). They include Louisiana-style mackerel, spring onion and anchovy tart and an asparagus, purslane and egg salad. There are ideas for healthy breakfasts and some great treats for dessert. As well as recipes based on oily fish, there are meals including lesser-known sources such as flax seeds, peanut butter, organic milk and many other foods the kids will love. This is a must-have cookbook for all the family.



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