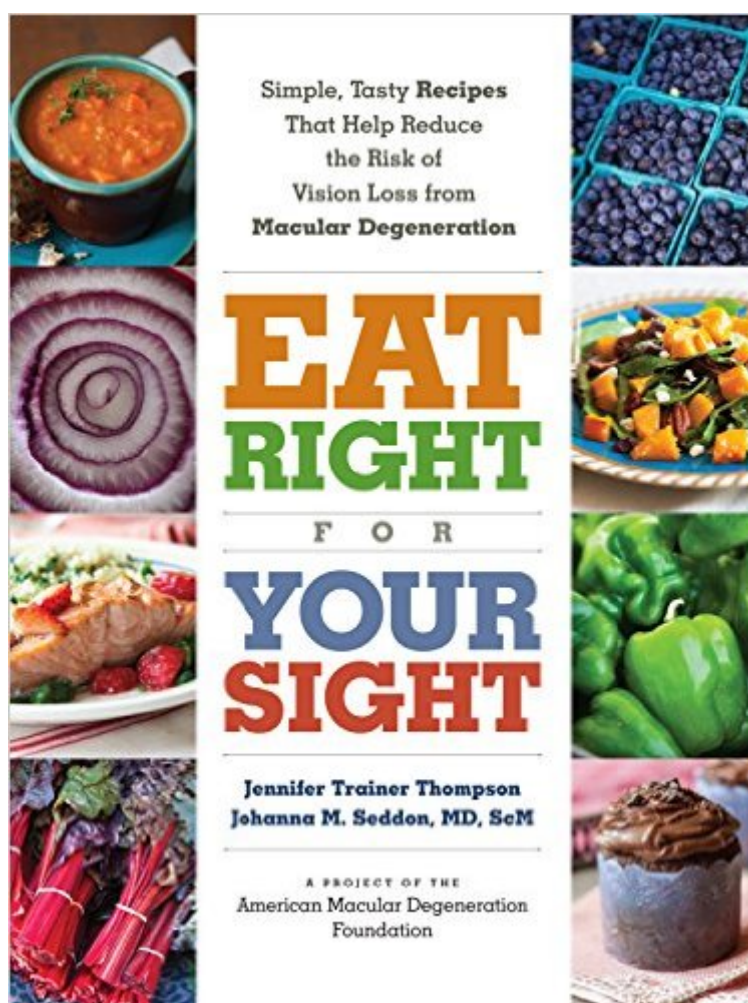


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# Eat Right For Your Sight: Simple, Tasty Recipes That Help Reduce The Risk Of Vision Loss From Macular Degeneration



## Synopsis

Safeguard your vision with 85 simple, satisfying recipes rich in the nutrients that fight macular degeneration. The Bad News: Age-related macular degeneration (AMD) is the leading cause of central vision loss in adults over the age of fifty. It can wreak havoc on the ability to see faces, read, drive, and move about safely. Millions of people are at risk, and we still don't have a cure. The Good News: The latest research suggests that healthy lifestyle choices, including a diet rich in lutein, zeaxanthin, and other key nutrients, can delay the onset and progress of AMD. Eat Right for Your Sight provides a delicious way to add the best ingredients for eye health to every meal of the day. Feast your eyes on these appealing recipes: Sweet Pea Guacamole, Chicken-Vegetable Noodle Bowls, Garlic-Lime Pork Chops, Carrot-Ginger Juice . . . and more! Every recipe includes comprehensive nutrition information and has been carefully crafted to act like medicine, but not taste like it. Taking care of your eyes has never been easier! With Recipes from Lidia Bastianich, Ina Garten, Jacques Pépin, Alice Waters, Andrew Weil, MD, and other superstars of healthy cooking.

## Book Information

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## Customer Reviews

Eat Right For Your Sight has a particular focus on age related macular degeneration - the natural aging process that causes vision to slowly deteriorate. It is published as a project of the American Macular Degeneration Foundation and backed by the latest scientific evidence that eating the right foods can reduce the prospect of partial vision loss. The book is beautifully presented with many full color photographs and very easy to follow recipes. The recipes are good enough that anyone

looking for healthier meals and in good health can also greatly benefit (there are a lot of good foods that make sound choices for kids and families). The recipes break down as follows: Small bites (e.g., 3 pepper quesadillas, deviled eggs, savory almonds, smoked mackerel dip); Soups (e.g., white bean soup with kale, broccoli almondine soup, miso, Thai winter squash); Salads (grilled vegetable salad, Greek salad, caprese salad, roasted butternut squash and cranberry salad); Main courses (e.g., spicy fish tacos, mini meatloaves, spicy udon noodles, Jacques Pepin's provence pizza); Side dishes (e.g., roasted tomatoes, Che Panisse's spicy broccoli vegetable saute, Alice Waters' cannellini beans and wilted greens); Desserts (e.g., sweet oranges, mango sorbet, spa baklava, carrot cake); Healthy drinks (e.g., power juice, apple celery juice, homemade vegetable juice). Also included are introductions about macular degeneration, the best raw food items to use, metric conversion charts, methodology, nutrient table, foods to have in your pantry, and getting started. The book is lavishly photographed with a strong New England feel. Many recipes have photographs of ingredients or the finished product.

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