



# A Recipe for Life by the Doctor's Dietitian

*Susan B. Dopart, Jeffrey M. Batchelor*

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A Recipe for Life by the Doctor's Dietitian: Smart, healthy eating does not have to be boring, bland or stressful! It can be colorful, tasty, and fun it's just a matter of making informed choices and having the tools to accomplish your health goals. This book provides a comprehensive, full-color nutrition roadmap that includes simple, delicious recipes designed to improve your health. Dopart, who is a much sought-after expert on diabetes prevention and care, wrote the book after years of looking unsuccessfully for a research-based, easy-to-understand nutrition guide to share with her patients. With one in three people either insulin-resistant or prone to become diabetic, her carefully researched and beautifully crafted book couldn't arrive at a better time. It dispels many nutrition myths and addresses complex issues like those about good and bad carbs, which fats are most harmful, critical vitamins, minerals and phytochemicals, how stress and lack of sleep make it harder to lose weight, medications and weight gain, and the role of protein in hunger and metabolism. The book also includes 60 easy-to-make recipes for main dishes, salads, soups and desserts; how to organize your kitchen for maximum efficiency; and lists of foods to shop for and those to avoid. Bonus chapters provide advice on important life changes such as pregnancy, menopause, and male menopause, and many other medical issues puzzling Americans today, including high blood pressure, heart disease, reflux and arthritis.

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