



Genre: **cooking books, vegan-friendly**
Territory: **world**



BEING ON A DIET WITH THE ITALIAN VEGAN CUISINE Over 230 vegan recipes to live healthily and keep fit

Many of the diseases that affect Western society, such as cancer, heart attacks, angina, strokes, diabetes, hypertension, osteoporosis and obesity largely depend on nutrition and diet.

If **our health is directly connected to what we eat**, then being familiar with the different nutrients, their calories and with guidelines to a healthy diet is of the utmost importance. This handbook emphasizes that each of us is responsible for his own well-being and that certain lifestyles and habits can have a

positive impact on our health. The book isn't just a collection of tasty recipes, but it also helps us recognizing the **risks factors** to which we are exposed and teaches us how to avoid them responsibly to prevent many diseases.

The book contains over **230 recipes** that include dishes from the Mediterranean tradition as well as more exotic preparations, all of which accompanied by colorful images. Each recipe comes with a nutritional chart and an indication of preparation time.

This handbook is an essential tool to keep weight, blood pressure and cholesterol levels under control and to take full responsibility for our own health.

The authors -----

Emanuela Barbero has been active for over ten years in the field of non-violent nutrition and vegan cuisine. She has created the first Italian website dedicated to vegan recipes (www.vegan3000.info) and has published with Sonda *Italian vegan Cuisine*, *Italian vegan Cuisine for mothers and children* and *Being on a diet with the Italian Vegan Cuisine*.

Luciana Baroni is a surgeon specialized in Neurology, Geriatrics and Gerontology, who got an international Master's degree in Nutrition and Dietetics. She is founder and director of the Vegetarian Nutrition Scientific Association-SSNV and has published many articles on nutrition and lifestyle.

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