FOREWORD REVIEWS THE INDIE WE LOVE.

Health & Fitness

Have Your Cheeseburger and Keep Your Health Too!
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"Most people would eat healthier if they knew that there were many ways to do so while still enjoying their food," says the author. Coining the acronym, NMP (no meat or poultry) to describe her diet, Jordan explains how to develop healthy eating habits, and cut back on the all-American fast-food diet. She used this as a guide to a healthy lifestyle with her own family in mind.

Jordan, a personal coach and author of Healthy Recipes for Comfort Foods You Love, learned about healthy eating three years ago. Although she had already eliminated most of the red meat from her diet, the turning point came when she visited her parents and heard her father rave about the benefits of the new vegetarian diet, but eventually he could not stay on the plan. Jordan believed that her father tried to fit within the diet rather than fitting the diet to his taste buds.

Her perspectives changed after her family battled illnesses such as diabetes, heart disease, and cancer. This experience, combined with her father's failed diet, encouraged her to make changes to her own diet-without sacrificing her favorite foods.

The author says, "The first step toward going NMP is to look at your current diet." She suggests a variety of methods that readers can use to change their eating habits, with the main idea being to replace current foods with healthy foods. Jordan states, however: "When you are learning something new, you often find a way to ease into it." Rather than going cold turkey on the foods one loves, Jordan recommends cutting down gradually on meat intake.

Especially valuable is the chapter on healthy recipes, including "MJ's Cheeseburger," which uses organic ingredients found mainly in natural food stores. Additional chapters explain how to adopt the NMP lifestyle, how to choose healthy foods at a restaurant, and a resource section containing Jordan's favorite books, magazines, newsletters, and websites.