



Community Cookbook 2022



Favorite recipes from
Tacoma-area children aged
12 and under.

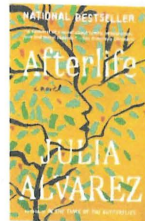
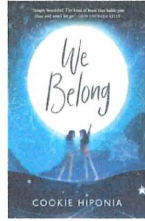
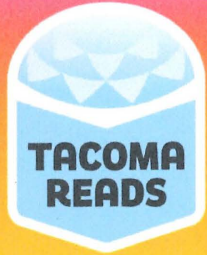
tacoma public library



Tacoma Reads 2022



Community Cookbook



Tacoma Reads

Read the book. Join the conversation.

#tacomareads



Join Tacoma's all ages, city-wide book club! Each fall, we invite you to check out the book for your reading level, attend author events, workshops, performances, and more to explore the themes of Tacoma Reads.

Tacoma Reads is a longstanding partnership between the City of Tacoma's Mayor's Office and the Tacoma Public Library, with wide community support and collaboration, culminating each year in a full season of literary events at your libraries and throughout the city.

Tacoma Reads 2022 book selections:

Afterlife by Julia Alvarez

We Belong by Cookie Hironia

Thank You, Omu! By Oge Mora

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DIPS, SNACKS, AND DRINKS



PARTY POPCORN

Brooklyn M.
Age 6



Ingredients

1 package butter popcorn **½ c. small pretzels**
½ c. plain chocolate M&M's **½ c. peanut butter chips**

Instructions

Pop your favorite bag of butter popcorn. Mix all the rest of the ingredients together. Enjoy!

I like how it tastes good. I like to eat it three pieces at a time while I watch a movie with my family



PERFECT GUACAMOLE

Caleb L.
Age 8

Ingredients

1 big avocado
¼ c. diced tomato
¼ tsp. tajin
Salt and pepper to taste

Lime and lemon wedges
1 tsp. granulated garlic
¼ tsp. cumin

Instructions

Cut avocado open. Scoop out avocado and put in small bowl. Dice tomato and put in with avocado. Add spices and mash together with fork or spoon or potato masher. You can also use a mortar and pestle to mash and mix. Cut lime and lemon into wedges and squeeze into mix.

We love guacamole on toast, on nachos, and on tacos!



CHOCOLATE COCONUT BALLS

Jasper and Violet
Ages 9 and 3

aka Et Cetera

Ingredients

- $\frac{3}{4}$ c. any nut butter like sunbutter, peanut butter, or almond butter**
- $\frac{1}{4}$ c. honey or something like this (brown rice, syrup, date syrup, maple syrup)**
- $\frac{1}{2}$ tsp. vanilla**
- 1 c. oatmeal flakes**
- 1 c. coconut (unsweetened, shredded)**
- 1 c. of dry things like seeds and brown powders (grown flax, wheat germ, cocoa powder), and yummy things like chopped up nuts, sunflower seeds, pumpkin seeds, hemp seeds and tiny chocolate chips. Other mix-in ideas: cacao nibs; dried fruit like apricot or cherry, chopped; raisins; chia seeds; cinnamon or baking spice mixes; matcha powder**

Instructions

1. Wash your hands before you make any food. It can keep you and other people healthy, safe and strong. 2. Mix sticky stuff in a big bowl. Mix dry stuff in another bowl, then add that to the big bowl and mix together. You can use your hands or a spoon (or both), whichever feels best for you while you mix it. 3. Use your hands to mush it into a ball shape. It is about one inch but you can make it a different size if you want. Then put it in the refrigerator (about an hour) and then you are done. Keep them in fridge. Note: You can make changes if it's too crumbly or too sticky by adding the other thing (if sticky add coconut, oats or dry add-ins; if dry, add some more nut butter, sweetener, or a little avocado/similar oil). Or make changes if you like different ingredients (just keep sticky/dry ratio about the same; for instance you can substitute more oats for some/all of the coconut).

I like that it is tasty and delicious and you don't need to cook it. It's fun to squish with your hands. They are special because we share them.



4-IN-1 SMOOTHIE SPECTACULAR SERIES

Jasper
Age 9

Ingredients

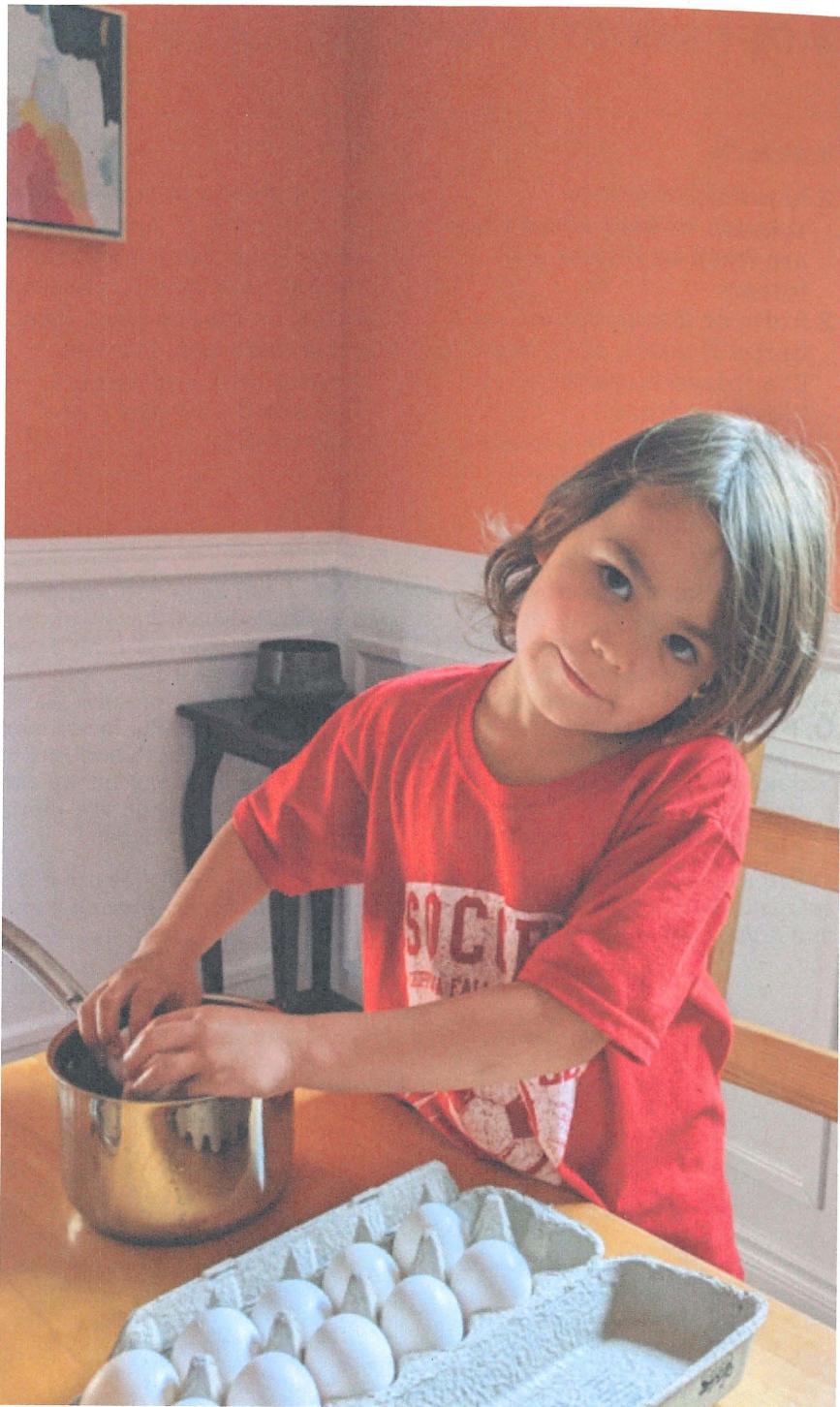
2 handfuls of greens - spinach or kale when they are fresh or if they are frozen
2 fruits or 2 c. chopped - it's better if some are frozen like frozen bananas. Good ideas are frozen strawberries, blackberries, blueberries, mangoes, cherries, etc.

2 c. of liquids - milk, yogurt, almond milk or any others, water (but don't do that, it's not very good), coconut water, or maybe juice (but just a little bit). We use almond milk and yogurt. Use less if you don't use frozen fruits.

Instructions

Wash your hands before you make any food. It can keep you and other people healthy, safe, and strong. You blend the ingredients. Once blended, taste them. See if you like it. You can drink it with a straw or from a cup or if it's very thick then you can have a smoothie bowl instead (put in a bowl and eat with a spoon and you can put toppings on it or eat it plain). Or if it's too thick you can wait for it to melt, or add water. Put in some of the liquid you chose with the vegetables so they get smooth and mix in and not chunky. If it is yucky you can add things like vanilla or honey and it might taste better. Or more of fruits. Or some other things like hemp seed (1-02 Tbsp.) or vanilla (½ tsp.) or chocolate chips (1 Tbsp.).

I want to include it because I think people would enjoy it. I like that it's cold and delicious. I also like I can change it around. I enjoy making it and that it does not require cooking or baking.



BOILED EGGS

Ephraim M.
Age 5

Water
Ice cubes

2 eggs
Salt and pepper

Instructions

Fill small pot half way up with water. Placed 2 eggs in pot. Make sure water level is above eggs. Bring to boil. Cover pot and remove from heat. Let stand 10 minutes. Place eggs in icy water bowl. Peel, sprinkle salt and pepper and enjoy!

He makes hard or soft boiled eggs when he doesn't like our meal plan. It's great because he can make them himself, with a little help using the stove. And it's a healthy option!

ONIGIRI RICE BALLS

Jade & Maya S.
Age 4



Ingredients

4 cups cooked rice, warm
Salt
2 sheets nori seaweed

Sesame seeds
Cooked salmon (optional)

Instructions

Divide the rice into 4 parts and, using your hands, form each part into a ball or triangular ball shape. If adding salmon, make an indentation with your thumb, put the salmon in and cover the hole with your fingers. Wrap each ball of rice with a strip of nori and then sprinkle with sesame seeds! Ready!

Our grandfather lives in Japan and he makes onigiri with us.

BANANAS AND YOGURT

Decca G.
Age 7



Ingredients

Yogurt
Bananas

Honey

Instructions

First you need a bowl, chopping board, towel, and a banana. You need to peel the banana. Ask a grownup if you're a kid and you need help. Just don't use a knife if you're a kid. You need to peel it all off. If you don't like the strings, you and peel them off. I don't really like the strings. You'll need to throw away the peels because you don't really want to eat them. Then you need to get not a real knife but a kind of knife that you spread your butter with. If you want, you can cut the top off. Put the sliced banana in your bowl. Then you need to put the knife in the dishwasher or the sink, probably the sink. Now we need to add the yogurt. First you need to get a spoon. Then you need to grab some yogurt and put it on the bananas. Then you need to spread it around. Then you put the spoon in the sink or the dishwasher. Then you need to add the honey. Then you need another spoon for your customer to eat it. Or a fork because you have to pick up the banana. Voila!

This is great for breakfast!

Notes

Vegetables

VEGETABLES



SEASONED TATERS

*Hendrix T.
Age 11*

Ingredients

6 Yukon gold potatoes
2 Tbsp. olive oil
**½ tsp. seasoned salt (or
preferred season)**

1 plastic bag (no holes)
1 sheet pan (with sides)

Instructions

Cut the taters into quarters. Put the taters in the plastic bag and then dump in olive oil and seasoned salt. Shake around in bag. Spread potatoes onto lightly oiled sheet pan. Cook in 425° (preheated) oven for 25-30 minutes (or until golden-brown). After all that enjoy your taters!

I made these once my dad taught me how to.

Notes

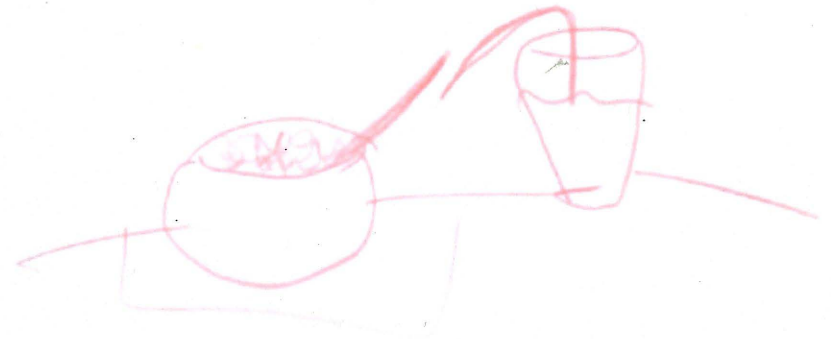
Main Dishes

MAIN DISHES



BUTTER NOODLES AND BROCCOLI

Roksana
Age 4



Ingredients

Water
Noodles

Butter
Broccoli

Instructions

Boil water. Put noodles in. Put broccoli in. When it is soft, you strain it. Put back in, add butter and broccoli

Because I like the noodles and the butter and the broccoli and the bowl.

PUMPKIN PASTA

Josiah G.
Age 11 months



Ingredients

- | | |
|-----------------------------------|---|
| 2 c. cooked pasta | 10 steamed green peas |
| ½ c. pumpkin puree | Sprinkling of your favorite cheese |
| 5 steamed broccoli florets | 1 meatball on top (optional) |
| 3 steamed baby carrots | |

Instructions

Put on apron and get pot holders. In medium pan boil water and add 2 cups of any kind of pasta. Rotini is our favorite. In another pan fill with water and steam the vegetables in steamer basket with lid until tender. When pasta is tender drain the water. Put pasta and vegetables in blender until slightly creamy. I leave some whole pieces. Put in bowl and add sprinkling of your favorite cheese until melted. Pour pumpkin puree over for the sauce. Add one meatball if you desire. Can puree meatball slightly for a softer texture if you want. Put on bib and enjoy!

We created this recipe for the first time this fall and our 11 month old really loved it. It was fun and easy to make and had a healthy variety of flavors to try and textures to explore so we wanted him to share this with other babies because we know they will love it too!

EASY KIMCHI FRIED RICE FOR 4 PEOPLE

Nathan K.
Age 8



Ingredients

- | | |
|---|---------------------------------------|
| 4 c. Rice | Eggs: 4 (1 for each person) |
| 2 c. chopped kimchi: (at least 2 weeks old) | 4 Tbsp. cooking oil |
| Green onion: 2 thinly sliced (white and light green parts) | 1 Tbsp. soy sauce |
| | ½ Tbsp. sesame oil |
| | 1 Tbsp. sesame seeds (toasted) |

Instructions

Warm cooking oil over medium-high heat in a large skillet. Lower heat to medium and cook the green onion for 1-2 minutes. Add kimchi and cook for another 3 minutes. Add soy sauce and mix together. Lower the heat and add rice and mix together. Turn off the heat and add sesame oil and mix together. Use a separate frying pan to fry eggs. For plating, divide the kimchi fried rice onto 4 different plates. Put a fried egg on top and sprinkle sesame seeds.

It is quick and delicious. We get to use leftover kimchi and rice.

OVERNIGHT OATS

Tony M.
Age 7



Ingredients

½ c. quick oats
½ c milk of your choice

1 Tbsp. brown sugar
1 tsp. honey

Instructions

Mix all ingredients in a jar. Put in the fridge at night. Eat in the morning for breakfast. No cooking needed. Brown sugar and honey is my favorite but you can try different ingredients like fruit, jam, or cinnamon sugar.

Oatmeal is my favorite food!

CHOCOLATE AND WHITE CHOCOLATE PANCAKES

Mina S.
Age 4



2 c. Bisquick
1 c. milk
3 eggs
1 Tbsp. vegetable oil

1 tsp. vanilla extract
10 chocolate chips and 10 white chocolate chips per pancake

Instructions

Mix all ingredients in big measuring cup. Melt butter in frying pan on med-low heat. Cook for a little and then flip. Add chocolate chips while cooking. Eat with syrups.

They are yummy because they have chocolate chips, white chocolate chips, and syrup!



Ingredients

Noodles
Vegetables

Egg

Instructions

Chinese cook book for beginners.

Because we speak Chinese.



Ingredients

1 1/4 pound 80/20 fresh ground
beef

Buns

Salt and pepper to taste

Hamburger toppings of
choice

Cooking oil

Instructions

Use 1/2 cup measuring cup to portion meat. Loosely form meat into balls. Season balls of meat to taste. Heat pan to medium to high heat. Add 1 tablespoon of oil (enough to coat pan). Add balls to pan (may need to work in batches to allow room for balls to smash down). Using spatula smash ball down into about 1/2 inch thickness and hold down 3 to 5 seconds. Cook until edges begin to brown then flip. Cook to desired doneness, add cheese if desired. Assemble tasty burger.

Tip: Put wax paper on spatula so meat doesn't stick when smashing. Cast iron griddle works best.

PIZZA POCKETS

Riley
Age 3



Ingredients

Pizza sauce
Pepperoni (or other choice)
Mozzarella cheese

One tube of crescent rolls (8 count)

Instructions

Preheat oven to degrees listed on crescent roll container. Roll out crescent roll dough and separate into 4 rectangles (2 crescent roll triangles) each. Place 1 to 1½ tablespoons pizza sauce at one end of rectangle. Place pepperoni or other choice on sauce. About 5 pieces of pepperoni. Add about ¼ cup of cheese. Fold rectangle in half and use fork to join edge together. Poke a few holes on top. Bake per crescent roll instructions (about 9 minutes).

Good with salad, pasta, ranch dressing. Makes 4 pizza pockets.

LEO'S EGGS BENEDICT

Leo A.
Age 8



Ingredients

3 egg yolks
1 Tbsp. lemon juice
½ c. butter

3 English muffins
6 slices of ham
6 eggs

Instructions

For the um...sauce ingredients put uh...everything, the um...egg yolks, the 1 Tbsp. lemon juice and, um...½ c. butter and stir it until it's hot. Then warm up the eggs, lay down the muffin, put the ham on and then eggs.

I like eggs benedict because when I first time had it I loved it and then I just kept eating it.

CHOCOLATE PEANUT BUTTER PANCAKES

Antonio R.
Age 11

Ingredients

2 c. Kodiak pancake mix
2 Tbsp. peanut butter
½ - 1 whole pack (from Costco box) Carnation chocolate instant breakfast

2½ to 3 c. 2% milk
Butter (for frying)

Instructions

Mix all ingredients except butter together. Warm up the pan. Add butter, let melt, quick swish of pan to distribute butter. Add pancake mix. Let cook. Flip. Let cook. Enjoy!

PERSONAL PIZZA

Quinn
Age 3

Ingredients

1 pkg. pizza dough, cut in half
1 c. marinara sauce
Various cheeses: mozzarella, cheddar, parmesan, etc.
Various toppings: sliced pepperoni, mushrooms, olives, bacon, peppers, pineapple, etc.

Cornmeal (approx. 1 c.) to dust counters
½ stick (¼ c.) melted butter
½ tsp. each of parsley, garlic powder, and salt

Instructions

Preheat oven to 450° F. Pat out portions of dough on top of cornmeal until desired shape and size is achieved. Transfer dough to sheet pan. Spread 3-4 Tbsp. of sauce on crust, leaving ½" or more around the edges. Take turns decorating individual pizzas with desired toppings. Bake for 8-15 minutes or until crust is puffed, browned, and cheese is melted. Brush crust with garlic butter and enjoy!

Personal pizzas are a fun and easy way to get your kids in the kitchen!

CINNAMON FRENCH TOAST

Ashlynn C.
Age 10

Ingredients

2 eggs
1/4 c. milk
1 tsp. of sugar
1 tsp. of cinnamon
4 slices of bread (any kind of bread)

1/4 c. of butter
Powdered sugar
Fruit

Instructions

Crack two eggs and mix it with milk, sugar, and cinnamon. Dip each side of bread 3 times (in egg and milk mixture). Put butter in the pan (melt) and leave bread in the pan a few minutes each side. Then put powdered sugar and fruit (on toast) when you're done.

I cook all the time, and this is my favorite recipe.



SPAGHETTI DOGS

Jade & Maya S.
Age 4



Ingredients

Spaghetti, 1 box, regular or thick

Large pot of water

Hotdogs, any type - meat or vegetarian

Instructions

Start heating water to bring to a boil. Cut hotdogs into 1 inch pieces, uncooked. Break spaghetti pieces in half, uncooked. Poke 3 or 4 spaghetti pieces into each piece of hotdog. Cook in boiling water for specified time on spaghetti box.

This recipe is easy and fun. It's been in our family for two generations.

PEA PESTO PASTA

Violet F.
Age 7



Ingredients

1 lb. pasta of choice (pasta is small)

½ c. olive oil

3 garlic cloves

1 c. frozen green peas

1 Tbsp. lemon juice

1 c. fresh basil

¼ tsp. salt

¼ c. pine nuts

3 Tbsp. water

½ c. parmesan cheese

Instructions

Cook noodles (see box). Thaw peas in warm water. Toast pine nuts in pan on medium heat 2-3 minutes. Blend ingredients (not pasta) on low. Mix all stuff, and eat!

I got this recipe from Kidstir cookbook. It is yummy and a good way to eat your vegetables (and noodles).

Notes

Breads

BREADS



PEAR BREAD MADE FROM WALNUT MILK PULP

*Milo R.
Age 6*

Walnut Milk

4 c. walnuts (soak 24-48 hours, then drain and rinse)
8 c. water

**Optional pinch of sugar/
syrup and salt**

Soak nuts for 24-48 hours in enough water to cover. Drain and rinse. Add to blender with 8 cups water and blend until done. Strain and set aside pulp. Place lid on jar and keep for up to 5 days in fridge.

Pear Bread

All pulp from walnut milk
2 pears (medium, cubed)
1 cup flour of choice
1 Tbsp. oil of choice
1 Tbsp. tarragon

1 tsp. garlic
2 tsp. paprika
1 Tbsp. cinnamon
1 Tbsp. oregano

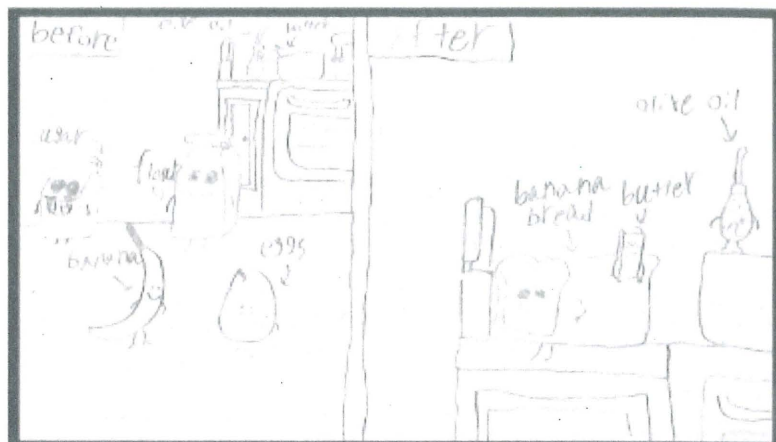
Combine all ingredients in a bowl and mix well. Work the dough, kneading it into the sides of the bowl until you can form a dough ball. Smash out into a baking dish and bake 350° for 30-40 minutes.

This is a 2-in-1 for fresh walnut milk and then bread made from the leftover walnut pulp. We love that this recipe is actually two recipes and nothing goes to waste!

BANANA BREAD

Jacob F.
Age 9

Makes one loaf



Ingredients

2 c. flour

1 tsp. salt

½ tsp. baking soda

¾ c. sugar

½ c. shortening (olive oil or butter)

2 eggs

3 mashed bananas, extra ripe

½ c. chopped walnuts

Instructions

Preheat oven to 350° and grease 9x5x3 pan. Sift together dry ingredients, set aside. In another bowl cream sugar and shortening together. Beat in eggs. Stir in bananas. Stir in dry ingredients. Stir in nuts. Pour batter into greased pan and bake for 60-70 minutes.

It is a good use of old and brown bananas. To quote Caspar Babypants, "we're not pretty, but we're not dead. We can be banana bread."

Desserts

DESSERTS



PEAR CRUMBLE

*Kaya R.
Age 8*

Ingredients

6 pears (medium)
2 c. oats
**½ c. flour of choice (gluten
free ok!)**
2 Tbsp. cinnamon
**¼ c. coconut sugar (cane
sugar ok!)**

Juice from 1 lemon
Splash of milk of choice
1 Tbsp. coconut oil
Ground turmeric (optional)

Instructions

Preheat oven to 375°. Cube pears (not too small) and place in the bottom of a baking dish. Sprinkle 1Tbsp. cinnamon, ⅛ cup sugar, milk and lemon juice over the top and mix well (mix in turmeric if desired). In a separate missing bowl combine oats, flour, 1 Tbsp. cinnamon, ⅛ cup sugar, and coconut oil (mix in turmeric if desired). Mix well (preferably with hands). Sprinkle topping over pear mixture and bake for about 40 minutes.

We love this pear crumble on weekend mornings!

CARROT CAKE

Tom
Age 6



Ingredients

2 c. all-purpose flour
2 tsp. baking powder
1 tsp. baking soda
1½ tsp. ground cinnamon
½ tsp. ground ginger
¼ tsp. ground nutmeg
½ tsp. salt
¾ c. vegetable oil
4 large eggs (room temp)

Instructions

Preheat oven to 350° F and spray two 9 in round cake pans with non stick spray. In large bowl whisk together flour, baking soda, baking powder, cinnamon, ginger, nutmeg, and salt. In separate bowl whisk together oil, eggs, brown sugar, sugar, applesauce, and vanilla until fully combined. Add carrots to wet ingredients and mix. Pour wet ingredients into dry mix and mix until combined. Pour batter evenly between both cake pans. Bake 30-35 minutes or until tops of cakes are set and toothpick comes out clean. cool in pans 20 minutes then remove and continue on racks. Once fully cooled, assemble with choice of cream cheese frosting.

PUMPKIN PIE

Jasper M.
Age 7



Ingredients

1 15 oz. can Libby's pumpkin
1 12 oz. can evaporated milk
¾ c. brown sugar
2 tsp. pumpkin pie spice (pre mixed or personal)
2 large eggs, room temperature
⅛ tsp. maple extract
1 9" pie crust, room temperature

Instructions

Combine pumpkin, sugar, pie spice, and extract. Mix well. Lightly whisk eggs; add to pumpkin mixture and mix well. Slowly drizzle in milk, whisking until combined. Pour into pie crust. Line edges of pie with foil to prevent burning. Bake at 425° F for 15 minutes. Drop temperature to 350° F. Bake 40-55 minutes or until set. Cool completely. Serve with whipped cream and enjoy!

We make pumpkin pie every year to kick off fall. It is simple, yummy, and best with way too much whipped cream!

VANILLA CUPCAKES

Adam R.
Age 3

Ingredients

1¼ c. flour	¾ c. sugar
1¼ tsp. baking powder	2 large eggs
½ tsp. salt	1 tsp. vanilla
½ c. unsalted butter, softened	½ c. buttermilk

Instructions

1. Whisk together dry ingredients, flour, baking powder, and salt. 2. In a separate bowl whisk softened butter and sugar on medium speed for 5 minutes. 3. Beat in 1 egg at a time, then blend in vanilla. 4. Mix flour in thirds, alternating with adding ½ c. buttermilk. 5. Pour batter in cupcake molds until ¾ full. Bake at 350° F for 20-24 minutes.

LAVA CAKE

Ahmad A.
Age 11

Ingredients

Butter	Salt
Flour	Sugar
Chocolate chips	Powdered sugar
4 eggs	

Instructions

First, wipe the butter in the cups. Next put a tablespoon of flour then kick it around then put the extra on another cup. Next put one cup of chocolate and one stick of butter in another bowl. Next microwave until melted. Next get a new bowl then add 2 eggs and 2 egg yolks. Next whisk the chocolate. Next add a pinch of salt on the eggs. Next whisk the eggs then add a quarter cup of sugar in the eggs. Next mix until it turns into a nice lemon mixture. Next add the chocolate then mix. Next add 2 tablespoons of flour to the mix. Then add the mixture to the bowl. Next turn the oven to 450° and add them about 8 to 12 minutes. Next take it out of the oven and let it rest for 3 minutes. Next flip it. Top it off with some powdered sugar. If you want you can put a scoop of ice cream on top then it is ready to be served.

Notes

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Suggestions for Lowering Fat Content in Your Diet

FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry Meat Alternatives	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin, bison, venison, veal Poultry without skin Pork tenderloin Whole soy foods such as: tofu, tempeh, edamame, soy burgers	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts (and Greek yogurts) and cheeses Fortified soy milk Lowfat or nonfat cottage cheese	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese like: Brie, Swiss, American, Cheddar
Eggs	Egg whites, cholesterol-free and fat-free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by 1/3 or substitute applesauce or non-hydrogenated margarine for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	Whole grain breads like whole wheat, whole pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Low-sugar whole grain cereals (hot and cold) Spaghetti and macaroni (choose tomato-marinara based sauces) Any whole grain Dried peas and beans Air-popped popcorn	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces Buttered, salted popcorn
Vegetables Fruits	Fresh, frozen, canned (no salt added), freeze-dried	Vegetables prepared in butter, cream, or sauce Fruits served in glazes

Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their high protein content and low cholesterol content, and because people with higher HDL levels

have a lower incidence of heart disease. "Good" cholesterol removes "bad" cholesterol from the arteries by transporting it to the liver to be disposed of. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label "bad" cholesterol. A diet with the right proportion of healthy fats that is low in cholesterol, as well as exercise and being at a desirable weight can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- **SATURATED FATS** are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- **POLYUNSATURATED FATS** tend to lower blood cholesterol levels. These fats are found in high concentrations in vegetable oils, and are usually liquid at room temperature. Fats such as sunflower oil, corn oil, fish oil, soft margarines, walnuts, flax seeds and chia seeds have large amounts of polyunsaturated fats.
- **MONOUNSATURATED FATS** have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats, as well as butters and avocados.
- **DIETARY CHOLESTEROL** comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- **HYDROGENATION** is a chemical process in which hydrogen is added to unsaturated oils to make them firmer at room temperature. Hydrogenated fats such as shortening or margarine are more saturated than the oil from which they are made. When choosing a margarine, pick one that is non-hydrogenated with 2 grams or less of saturated fat per tablespoon.

Heart Healthy guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

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Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

$$\frac{\text{grams of fat} \times 9^*}{\text{total calories}} \times 100 = \% \text{ of total calories from fat}$$

* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

$$\frac{2.5 \text{ grams of fat} \times 9}{60 \text{ total calories}} \times 100 = 37\% \text{ of total calories from fat}$$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

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"Heart Healthy" Recipe Substitutions

ORIGINAL INGREDIENT	ALTERNATIVE	REDUCES:		
		TF	SF	C
1 pound ground beef	<ul style="list-style-type: none"> 1 pound 96% (or more) lean ground beef 1 pound ground turkey breast 	✓	✓	✓
1 ounce Cheddar, Swiss, or American cheese	<ul style="list-style-type: none"> 1 ounce lowfat cheese 1 ounce part-skim cheese (Mozzarella) 	✓	✓	✓
1 egg	<ul style="list-style-type: none"> 2 egg whites ¼ c. low-cholesterol egg substitute 	✓	✓	✓
1 c. whole milk	• 1 c. skim milk	✓	✓	✓
1 c. cream	• 1 c. evaporated skim milk	✓	✓	✓
1 c. sour cream	<ul style="list-style-type: none"> 1 c. nonfat sour cream 1 c. plain nonfat yogurt or Greek yogurt 1 c. lowfat cottage cheese plus 1 to 2 tsp. lemon juice, blended smooth 	✓	✓	✓
1 ounce cream cheese	<ul style="list-style-type: none"> 1 ounce nonfat cream cheese 1 ounce Neufchatel cheese 	✓	✓	✓
1 c. butter	<ul style="list-style-type: none"> 1 c. non-hydrogenated margarine 1 c. vegetable oil 		✓	✓
1 c. mayonnaise	• 1 c. nonfat, plain yogurt; nonfat sour cream or nonfat/lowfat cottage cheese (pureed in blender)		✓	✓
1 c. shortening	• 7 fluid oz. vegetable oil		✓	
1 ounce baking chocolate	• 3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		✓	
roux: 1 part fat 1 part starch	• ½ part fat to 1 part starch	✓		
1 can condensed cream soup	<ul style="list-style-type: none"> Mix together: ½ c. nonfat dry milk 2 Tbsp. cornstarch 2 tsp. low sodium chicken bouillon ¼ tsp. onion powder ⅛ tsp. garlic powder ¼ tsp. basil ¼ tsp. thyme ¼ tsp. white pepper 9 oz. cold water <p>Add the following if desired:</p> <ul style="list-style-type: none"> ¼ c. chopped celery or ½ c. sliced mushrooms <p>Heat to a boil; stir frequently. Per "can": 215 calories, 1g fat, 8mg cholesterol, 200mg sodium</p>	✓	✓	✓

KEY:

TF = total fat
SF = saturated fat
C = Cholesterol

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Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

FREE A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms *no*, *without*, and *zero* can also be used.

Calorie-free: less than 5 calories per serving
Sugar-free or Fat-free: less than 0.5g per serving
Sodium-free: less than 5mg per serving

LOW This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms *little*, *few*, and *low source* of can also be used.

Low calorie: 40 calories or less per serving
Lowfat: 3g or less per serving
Low saturated fat: 1g or less per serving
Low cholesterol: less than 20mg per serving
Low sodium: less than 140mg per serving
Very low sodium: less than 35mg per serving

LEAN Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

EXTRA LEAN Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

HIGH One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

GOOD SOURCE One serving must contain 10% to 19% of the Daily Value.

REDUCED A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low*, a *reduced* claim cannot be made.

LESS A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term *less* or *fewer*.

LIGHT This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light brown sugar*.

The term also carries two other meanings:

- ◆ A nutritionally altered product that contains one-third less calories or half the fat of the original food
- ◆ A food's sodium content has been cut by 50% or more

MORE A food using this claim must contain 10% more of the Daily Value of a nutrient than the reference food. To use the words *fortified*, *enriched*, or *added*, this standard must also be met.

UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

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Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet, but surprisingly has a lower sodium content than fast foods and processed foods. Table salt is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,300mg of sodium.

WAYS TO REDUCE DIETARY SODIUM

- ◆ Taste food before salting. Salt food only sparingly at the table.
- ◆ Cut back on sodium slowly to give the body time to adjust to less salty flavors. *Salt-craving* taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- ◆ Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- ◆ In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low-sodium substitutes for high-sodium ingredients.
- ◆ Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.
- ◆ Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, prepackaged snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- ◆ When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side. As an alternative ask for lemon wedges, rice vinegar, pepper or garlic to season foods.
- ◆ Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

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Low Sodium Seasoning Suggestions

	Allspice	Basil	Bay Leaves	Caraway Seed	Celery Seed	Chives	Curry Powder	Dill	Garlic	Ginger	Dry Mustard	Onion Powder	Oregano	Rosemary	Sage	Tarragon	Thyme
Beef	✓								✓	✓				✓	✓		
Pork			✓						✓						✓	✓	
Veal			✓				✓		✓				✓				✓
Ground Meat	✓	✓		✓					✓		✓						
Poultry			✓				✓		✓				✓			✓	
Fish					✓	✓	✓									✓	
Eggs				✓		✓						✓	✓				
Soups/ Stews	✓	✓	✓	✓	✓		✓					✓					✓
Sauces		✓												✓		✓	
Pasta			✓														
Rice	✓						✓					✓					
Popcorn									✓								
Asparagus			✓														
Beets			✓														
Broccoli										✓		✓					
Cabbage			✓				✓										
Carrots			✓	✓													
Cauliflower							✓									✓	
Green Beans							✓			✓							
Lima Beans					✓	✓									✓		
Potatoes										✓					✓		✓
Tomatoes	✓					✓		✓	✓			✓					
Salads			✓		✓							✓					

Try this low sodium spice blend in your shaker instead of salt:

1 Tbsp. dry mustard
1 tsp. garlic powder
1½ Tbsp. onion powder
½ Tbsp. ground pepper
½ Tbsp. thyme, crushed

1 tsp. sage
½ tsp. marjoram, crushed
1 Tbsp. paprika
½ tsp. basil, crushed
½ tsp. ground oregano

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Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause food-borne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator or under cold running water in the sink. Do not thaw on the kitchen counter. For faster thawing, a

microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat, fish and poultry thoroughly. Use a thermometer to determine doneness; don't rely on color. The following chart is a guide.

FOOD	MINIMAL INTERNAL TEMPERATURE
Fish	145° F.
Egg Dishes/Casseroles	160° F.
Leftovers (reheated)	165° F.
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours, or 1 hour if at 90°. This is considered the *danger zone* at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

- ◆ Place raw meat on a plate or pan in the refrigerator to keep juices from dripping on other foods.
- ◆ Wash kitchen surfaces, utensils, and hands after they have been exposed to raw meat, poultry, fish, and eggs.
- ◆ Thoroughly clean cutting boards used for raw meat before using them for cooked foods or foods to be eaten raw, such as salad greens. Or, use a different cutting board for fresh produce.
- ◆ Use a clean container to hold cooked meat. Do not reuse the container that held the raw meat without cleaning it first.

When roasting a turkey or chicken with stuffing, it is best to cook the stuffing in a separate pan instead of in the cavity of the bird. If you choose to stuff the bird, however, do so just prior to putting it in the oven. When checking for doneness, make sure a thermometer placed into the center of the stuffing reads at least 165° F.

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Basic Guidelines for Losing Weight

There are many diets and weight-loss products available for those struggling to lose weight. The sad reality, however, is that most fad diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

Decrease the amount of total fat eaten. Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

Eat a variety of foods and do not restrict certain foods from the diet. In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

Eat breakfast. People who eat breakfast are generally more successful at losing weight.

Eat single portions of food and give the body time to signal that it is full. Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first. Put down the fork or spoon between each bite.

Eat foods high in complex carbohydrates. This includes breads, cereals, pasta, rice and other grains, fruits, and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

Exercise. Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

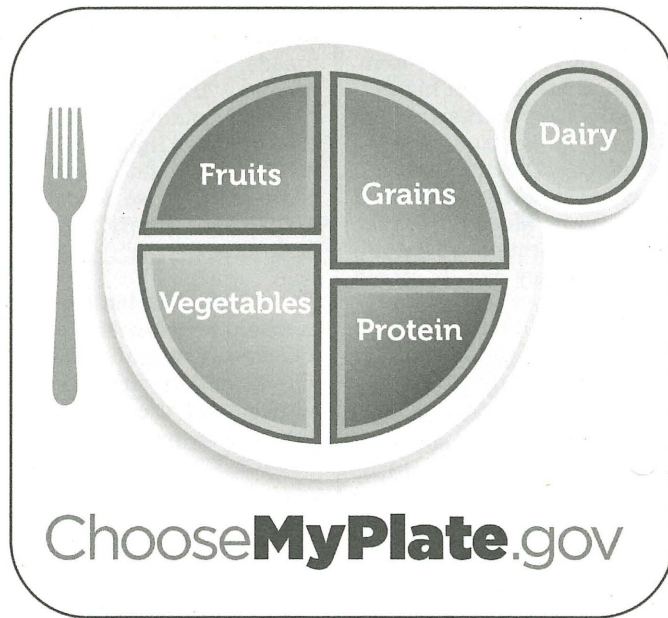
Do not starve yourself. Low-calorie diets may slow a body's metabolism, making weight loss more difficult.

Lose weight slowly, 1 to 2 pounds per week is desirable. Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

Set reasonable weight goals. Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

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Eat for the health of it



Choose one or more tips to help you...

CREATE A HEALTHY PLATE

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without excess calories. Try some of these options.

- Make half of your plate fruits and (red, orange, and dark green) vegetables in main and side dishes. Fruit, vegetables, and unsalted nuts also make good snack choices.
- Make at least half your grains whole. Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Switch to skim or 1% milk. Calcium-fortified soy products are an alternative to dairy foods.
- Vary your protein food choices. Twice a week, make seafood your protein choice. Eat beans, which are a natural source of fiber and protein. Keep meat and poultry portions small and lean.

CUT BACK ON FOODS HIGH IN SOLID FATS, ADDED SUGARS, AND SALT

Many people eat foods with too much saturated fats, added sugars, and salt (sodium). Added sugars and fats load foods with unneeded extra calories. Too much sodium may increase blood pressure.

- Choose foods and drinks with little or no added sugars. Drink water or unsweetened tea instead of soda.
- Look out for salt (sodium) in foods you buy – it all adds up. Use spices or herbs instead of salt.
- Eat fewer foods that are high in saturated and trans fats. Select lean cuts of meats and poultry. Use low-fat or fat-free dairy products. Switch from solid fats such as shortening or stick margarine to oils such as canola, corn, or olive when preparing food.

EAT THE RIGHT AMOUNT OF CALORIES FOR YOU

Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

- Enjoy your food, but in the right proportions. Get your personal daily calorie limit at www.ChooseMyPlate.gov or meet with a registered dietitian for nutritional advice and keep that number in mind when deciding what to eat.
- Cook more often at home, where *you* are in control of what's in your food.
- When eating out, choose lower calorie menu options.
- Write down what you eat to keep track of how much you eat.
- If you drink alcoholic beverages, do so sensibly - limit to 1 drink a day for women or to 2 drinks a day for men.

BE PHYSICALLY ACTIVE YOUR WAY

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

Parents, you are your children's most important role model. Your children pay attention to what you **do** more than what you **say**.

USE FOOD LABELS TO HELP YOU MAKE BETTER CHOICES

Look at the Nutrition Facts label on your food choices.

- Check for calories. Choose foods with lower calories, saturated fat, *trans* fat, and sodium. Check serving size.
- Check for added sugars. When a sugar is close to first on the list, the food is high in added sugars. Added sugars will appear as sucrose, glucose, high fructose corn syrup, corn syrup, molasses, agave nectar, fruit juice concentrate, turbinado, honey, and/or fructose.

Understanding the Nutrition Facts Food Label

The **Nutrition Facts** food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. The Nutrition Facts label will help you:

- Find out which foods are good sources of fiber, calcium, iron, and vitamin C
- Compare similar foods to find out which one is lower in fat and calories
- Search for low-sodium foods
- Look for foods that are low in saturated fat and trans fats

Serving Sizes have been set at an amount that people would typically eat. The Nutrition Facts label provides both the serving size (the amount for one serving), and the number of servings in the package. Remember to check your portion size to the serving size listed on the label. If the label serving is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce
 mg: milligrams - 1,000mg = 1g
 ml: milliliters - 30ml = 1 fluid ounce

Check the **Total Calories and Fat** in a single serving, and also find the number of calories from fat in your foods. Cut back on calories and fat if you are watching your weight.

The **Percent of Daily Value** tells you if the food is high or low in a particular nutrient. Use the Daily Values (DV) to help you evaluate how a particular food fits into your daily meal plan.

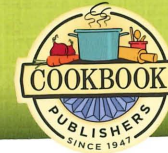
- Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5% DV means 5% of the amount of fat that a person consuming 2,000 calories a day would eat.

- Remember: percent DV are for the entire day - not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.
- Daily Values of 5% or less are low - try to aim low in total fat, saturated fat, cholesterol, and sodium.
- Daily Values of 20% or more are high - try to aim high in vitamins, minerals, and fiber.

The **Ingredients List** is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat 12g		18%	
Saturated Fat 3g		15%	
Trans Fat 1.5g			
Cholesterol 30mg		10%	
Sodium 470mg		20%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A		4%	
Vitamin C		2%	
Calcium		20%	
Iron		4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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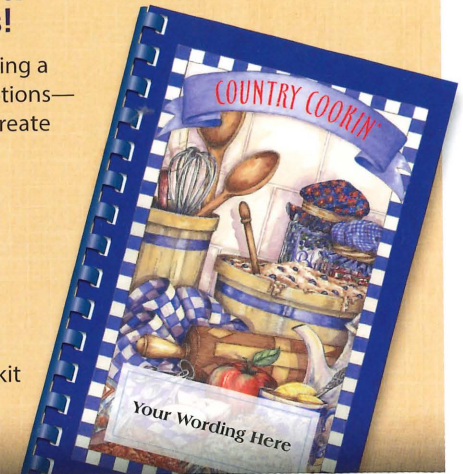
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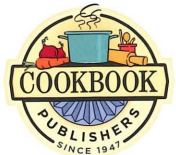
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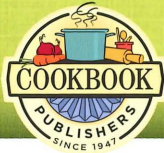
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