



Complete Guide to Healthy Cooking Nutrition for College Students: How Not to Gain 17 Pounds at College (Paperback)

By J. Lucy Boyd

Atlantic Publishing Co, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. College students face a number of stigmas when they first leave home and start living on their own. From not having their parents nearby to help clean and answer questions to being responsible for their own cooking and cleaning, the move from High School to College can be a bit of shellshock for many teenagers. Nowhere is this more apparent than in their eating habits, where many college students experience a great deal of downward digression. A recent study, published in the Nutrition Journal, found that one in four freshman gain at least 5 percent of their body weight, an average of about 10 pounds, during their first semester. All of this can be avoided though with healthy cooking and an eye for good choices. This book was written to provide every college student just learning to cook for themselves with viable, affordable alternatives to pizza and ramen. Every college student will learn the basics of what it is they need to be focusing on in their diets after leaving home. Starting with a basic discussion and introduction of nutrition and what the body needs...



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Reviews

Certainly, this is actually the greatest job by any author. It is definitely simplified but excitement inside the 50 percent of the book. I am just easily will get a delight of studying a composed pdf.

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This book may be worth buying. I have read and i am confident that i am going to planning to go through once more once again in the future. Its been written in an exceptionally easy way and it is simply soon after i finished reading this publication in which actually altered me, modify the way i believe.

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