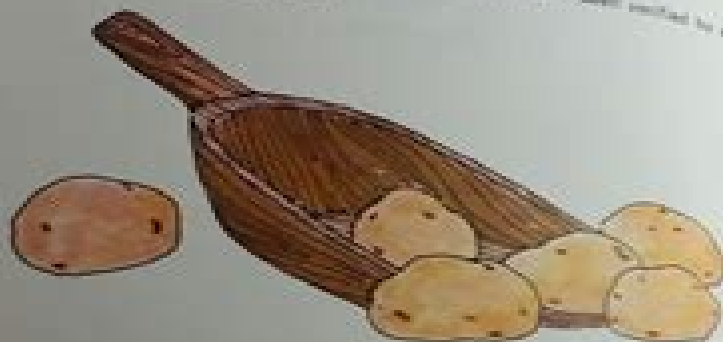


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NOTE: All calorie counts in this cookbook have been verified by a registered dietician.



Copyright 1973 National Potato Promotion Board

Good News for Dieters

Want to shed those extra pounds? You don't have to give up all your favorite foods . . . far from it! Experience has shown that a reducing program based on a beautiful variety of familiar foods is the most successful slimming technique there is.

Ask your doctor. Nutritionists and physicians are firmly opposed to fad diets—those that rule out whole categories of food in favor of a few limited choices. Fad dieting can wreck your health and vitality by robbing you of the important nutrients your body needs every day. Moreover, some fad diets provide too high a concentration of certain nutrients. A low carbohydrate/high protein diet, for example, is almost always high in saturated fats. In addition, fad diets are usually doomed to failure before they begin. Preparing separate meals for the rest of the family and the sheer impossibility of it all will cause you to be a "diet dropout" far short of your goal. And whatever weight you might manage to lose will tend to come right back again . . . rapidly! Because fad dieting doesn't help you change your eating patterns.

INTRODUCING THE POTATO

... something good that's good for you. The potato is everybody's favorite vegetable . . . with such a satisfying taste it's no wonder so many people have the mistaken notion that it's fattening! But the fact is that a medium-size potato (3 per pound) is surprisingly low in calories, less than equal weights of such diet-accepted foods as pears, bananas, even bran flakes! See for yourself:

POTATOES ARE RELATIVELY LOW IN CALORIES!

	Serving Size	Calories per Serving ¹
Potato, baked	1 medium	90
Potato, boiled without skin	1 medium	80
Potato, boiled with skin	1 medium	105
Potato, mashed with milk only	1/2 cup	63
Potato, mashed with milk and butter (part)	1/2 cup	93

¹ USDA Home and Garden Bulletin No. 72, "Nutritive Value of Foods," 1971.

Potato Lovers Diet Cookbook

**United States. Congress. House.
Committee on Agriculture.
Subcommittee on Domestic Marketing,
Consumer Relations, and Nutrition**

Potato Lovers Diet Cookbook:

The Potato Lover's Diet Cookbook Barbara Gibbons, 1973 **The Sweet Potato Lover's Cookbook** Lyniece North Talmadge, 2010-11-01 Endless Mealtime Possibilities and Spectacular Flavors As every sweet potato lover knows it's more than just a holiday side dish it's one of the world's healthiest and most flavorful foods In this unique collection bursting with over one hundred recipes you'll find easy to make dishes that highlight the natural and delicious flavors of this versatile vegetable Enjoy sweet potatoes year round with recipes for appetizers soups main courses side dishes and even breakfasts and desserts Tempt your taste buds with Orange Butter Sweet Potato Waffles Andouille Sausage and Sweet Potato Soup Sweet Potato Dumplings Spiced Sweet Potato Chips Candied Sweet Potatoes Easy Caramel Sweet Potato Pie And more Start cooking today and you'll discover why so many people are in love with **The Sweet Potato Lover's Cookbook** **AARP The Paleo Diet Cookbook** Loren Cordain, 2012-04-17 AARP Digital Editions offer you practical tips proven solutions and expert guidance Dr Loren Cordain's The Paleo Diet has helped thousands of people lose weight keep it off and learn how to eat for good health by following the diet of our Paleolithic ancestors and eating the foods we were genetically designed to eat Now this revolutionary cookbook gives you more than 150 satisfying recipes packed with great flavors variety and nutrition to help you enjoy the benefits of eating the Paleo way every day Based on the breakthrough diet book that has sold more than 100 000 copies to date Includes 150 simple all new recipes for delicious and Paleo friendly breakfasts brunches lunches dinners snacks and beverages Contains 2 weeks of meal plans and shopping and pantry tips Features 16 pages of Paleo color photographs Helps you lose weight and boost your health and energy by focusing on lean protein and non starchy vegetables and fruits From bestselling author Dr Loren Cordain the world's leading expert on Paleolithic eating styles Put The Paleo Diet into action with The Paleo Diet Cookbook and eat your way to weight loss weight control maintenance increased energy and lifelong health while enjoying delicious meals you and your family will love **COOKING LIGHT The Food Lover's Healthy Habits Cookbook** The Editors of Cooking Light, Janet Helm, 2017-04-03 Pasta Pancakes Pizza It's time to say hello to forbidden foods and see you later to fad diets The Food Lover's Healthy Habits Cookbook by nutrition expert Janet Helm MS RD and the editors at Cooking Light proves that with the right tools delicious and healthy can happily coexist in any lifestyle This unique collection of more than 250 road tested recipes tips and solutions has done all of the thinking for you Each section dishes up brand new secrets to living a healthier life straight from more than 50 nutrition and fitness experts bloggers chefs and Cooking Light readers **Catalog** Food and Nutrition Information Center (U.S.), 1974

Budget-Friendly Plant-Based Diet Cookbook Kathy A. Davis, 2025-06-17 Learn how to eat well on a plant based diet for 50 week Eating healthy on a budget can be a challenge Doing so on a whole food plant based diet can seem almost impossible The Budget Friendly Plant Based Diet Cookbook proves it's both achievable and tasty to eat vegan on a budget Discover more than 75 healthy inexpensive plant based recipes that will keep your taste buds jumping your belly full and

your grocery bill in check Explore new favorites Sweet Potato Breakfast Hash Ratatouille Pasta Peanut Butter Energy Bites and many more This plant based cookbook offers tips for frugal food shopping clever ways to stretch your dollars and strategies for longer lasting leftovers Plant based basics New to a plant based diet Find plant based cooking methods and kitchen tips that spice up meal time while avoiding oil salt and sugar Meal planning Try the three week meal plan for a whole food plant based diet that only costs 50 per week Follow along or use it as a template to create your own plant based meal plan Price tagged Each recipe includes nutritional information and the approximate price per serving to help you to stick to your budget Save money and eat healthy with The Budget Friendly Plant Based Diet Cookbook

The Book Lover's Cookbook Shaunda Kennedy Wenger, Janet Jensen, 2009-03-25 Perfect for book lovers and foodies alike a splendid cookbook featuring recipes inspired by classic works of literature and modern favorites Wake up to a perfect breakfast with Mrs Dalby's Buttermilk Scones courtesy of James Herriot's All Things Bright and Beautiful and Ichabod's Slapjacks as featured in Washington Irving's The Legend of Sleepy Hollow There's homey comfort food like Connie May's Tomato Pie created with and inspired by Connie May Fowler Remembering Blue Thanksgiving Spinach Casserole Elizabeth Berg's Open House and Amish Chicken and Dumplings Jodi Picoult's Plain Truth Sample salads breads and such soul warming soups as Nearly a Meal Potato Soup Terry Kay's Shadow Song Mr Casaubon's Chicken Noodle Soup George Eliot's Middlemarch and Mrs Leibowitz's Lentil Vegetable Soup Frank McCourt's Angela's Ashes After relishing appetizers and entrees there's a dazzling array of desserts including Carrot Pudding Charles Dickens's A Christmas Carol Effie Belle's Coconut Cake Olive Ann Burns's Cold Sassy Tree and the kids will love C S Lewis's Turkish Delight from The Lion The Witch and the Wardrobe Sprinkled throughout with marvelous anecdotes about writers and writing The Book Lover's Cookbook is a culinary and literary delight a browser's cornucopia of reading pleasure and a true inspiration in the kitchen TASTY RECIPES AND THE BOOKS THAT INSPIRED THEM Jo's Best Omelette Little Women by Louisa May Alcott No Dieter's Delight Chicken Neapolitan Thinner by Stephen King Extra Special Rhubarb Pie The Persian Pickle Club by Sandra Dallas Grand Feast Crab Meat Casserole At Home in Mitford by Jan Karon Persian Cucumber and Yogurt House of Sand and Fog by Andre Dubus III Tamales Like Water for Chocolate by Laura Esquivel Bev's No Fuss Crab Cakes Unnatural Exposure by Patricia Cornwell Macaroni and Cheese The Accidental Tourist by Anne Tyler Veteran Split Pea Soup The Red Badge of Courage by Stephen Crane Alternative Carrot Raisin Pineapple Salad Midwives by Chris Bohjalian Summer's Day Cucumber Tomato Sandwiches Women in Love by D H Lawrence Refreshing Black Cows The Book of Ruth by Jane Hamilton Dump Punch Pride and Prejudice by Jane Austen Not Violet But Blueberry Pie Charlie and the Chocolate Factory by Roald Dahl Innocent Sweet Bread The Bluest Eye by Toni Morrison Daddy's Rich Chocolate Cake Fatherhood by Bill Cosby and many other delectable dishes for the literary palate

The Wine and Food Lover's Diet Philip Tirman, 2007 Created by a sports doctor with a background in nutrition this 28 day plan sheds the pounds and the diet angst Includes 100 delicious recipes with wine pairing suggestions illustrated in full color

There s also clear advice for choosing take out foods for selecting diet friendly restaurant dishes and more **Weekly World News** ,1981-03-24 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site *Nutrition Education* United States. Congress. House. Committee on Agriculture. Subcommittee on Domestic Marketing, Consumer Relations, and Nutrition,1977 **Super Treasury of Valuable Things You Can Get Free Or for Next to Nothing** Harriet Saalheimer,1976 **The Bodybuilding Meal Prep Cookbook** Michelle Vodrazka,2019-05-21 Fuel bodybuilding success with macronutrient meal prep Sculpting your ideal body demands hard work dedication and the right diet The Bodybuilding Meal Prep Cookbook will help you achieve a lean chiseled look with an array of macro rich dishes that can be prepped quickly and enjoyed on the go What sets this bodybuilding cookbook apart 6 week meal plan This step by step guide does the heavy lifting for you laying out what you should make each week to achieve your fitness goals providing shopping and equipment lists and guiding you through any advanced prep work Success beyond 6 weeks This cookbook includes 40 additional recipes that allow you to seamlessly create and customize your meals far past the initial 6 week plan Optimize your intake Each recipe contains comprehensive nutritional calculations so you know the exact calorie count and the amount of protein carbs and fat you re getting Pump up your meal prep for the physique you seek with this indispensable bodybuilding cookbook **Healthy Gut Diet Guide + Cookbook** Maya Gangadharan,2024-02-13 This soothing and flavorful collection of 120 recipes proves that healing your digestive system doesn t have to be bland and boring People seeking to alleviate leaky gut syndrome and who follow such diets as GAPS paleo and gluten free or a specific carbohydrate diet will find delicious relief in the pages of this cookbook featuring 120 recipes with up to 30 variations for bone broths fermented foods soups yogurts main meat and fish dishes appetizers and desserts that enable gut healing This revision includes Recipes to heal intestinal issues without being bland The basic principles of the leaky gut syndrome and its stages of healing A visual overview of the leaky gut diet program how to prepare for it and what to expect A 1 week meal plan for many specific health issues Guidance on maintaining gut health beyond the intensive stages of the diet An introduction to the pillars of a healthy gut diet including broths fermented foods and steps for making them grass fed meats and cultured dairy Tips on preparing your kitchen and pantry for the diet as well as how to save time and money preparing recommended foods Advice on choosing the right supplements to go along with the diet **The Good Fat Cookbook** Fran McCullough,2003-01-21 In The Good Fat Cookbook bestselling author Fran McCullough delivers the delicious news the foods we love to eat real butter chocolate coconut whole milk and cream nuts avocados cold water fish red meat olive oil bacon and eggs are actually good for us It s a fact Not all fats are bad Good fats slow the effects of aging improve mood and memory boost the immune system and protect against stroke and cancer And the most surprising news of all The right fats are great tools for weight loss making you feel full longer and jump starting your metabolism In Good Fat

bestselling low carb guru Fran McCullough debunks all the fat myths demystifies cutting edge science and fork in hand reveals the simple secrets to eating well and losing weight Here she teaches you how to identify the good fats and enjoy their good taste avoid trans fats and other bad fats that damage health and pile on the pounds combine low carb foods with beneficial fats proteins and fresh ingredients for maximum energy lose weight by eating more of the foods you crave prepare more than 100 simple delicious recipes to put the good fat back on your table including Salmon Chowder Tuna with Rice Deep Fried Coconut Shrimp Parsley Salad with Avocado Chicken with Olives and Oranges Grilled Cheese with Oregano Crisp Coconut Waffles Avocado Cheesecake and Wall to Wall Walnut Brownies and much more *Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center* ,1977 *Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information Center (U.S.),1977

Potato Chipper ,1973 **Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information and Educational Materials Center (U.S.),1977 Busy People's Low-fat Cookbook Dawn Hall,2003-06-09 This cookbook features more than two hundred ultra low fat recipes that are easy delicious and ready to satisfy your hungry family In The Busy People s Low Fat Cookbook Dawn Hall shares a wide variety enticing recipes for busy home cooks looking to watch their weight With more than two hundred recipes this comprehensive cookbook covers every meal of the day with recipes that use only seven ingredients or less and take thirty minutes or less to prepare With step by step instructions and quick reference nutritional information each recipe is kitchen tested and budget friendly Includes recipes for Cinnamon Drops Warm Cran Apple Salad Pinwheel Dinner Rolls Butterfinger Trifle Cinnamon Kissed Chicken Peppermint Chocolate Cheesecake And much more **An Allergy Mom's Lifesaving Instant Pot Cookbook** Megan Lavin,2019-04-30 Bring the Whole Family to the Table with This Versatile Recipe Collection Don t let allergies get in the way of a good meal This is your essential resource for feeding your family flavorful effortless dishes that come together quickly and are free of the top 8 allergens Author Megan Lavin an allergy mom herself has solved the dinnertime dilemma of what to cook when it seems like almost everything is off limits With smart substitutions and a wide array of flavors these recipes will have you wondering how you ever got by without them Dishes like No Butter Indian Butter Chicken and Shellfish Free Jambalaya recreate your favorite flavors from your pre allergy days and thanks to the Instant Pot they ll cook faster and taste better than ever before Gather the family for a comforting Sunday Roast or whip up some Tomatillo Pork Tacos on a busy weeknight without sacrificing flavor Each meal is quick safe and delicious with textures and tastes everyone will love

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