



What's in It? the Busy Cooks Diet and Nutrition Guide to the Silver Palate Cookbook

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The Busy Cook's Diet and Nutrition Guide to The Silver Palate Cookbooks provides per-serving nutrition facts for calories, protein, carbohydrates, total fat, saturated fat, sodium, cholesterol, and diabetic exchanges for each of the recipes in *The Silver Palate Cookbook*. This nutrition reference guide is meant to be used along with *The Silver Palate Cookbook*, copyright B) 1982 by Julee Rosso and Sheila Lukins. The recipes from this cookbook are NOT included in this guide.

The secret to happy, healthy eating lies in three words: balance, moderation, and variety. And knowing what is in the food you eat puts you in control of all three. The *WHAT'S IN IT?* nutrition guide enables and encourages the health-minded cook to use the recipes in this classic cookbook to his or her heart's content - and health. Armed with accurate, nutrition facts, you can cook any recipe you choose with a free mind, planning your overall menu and daily total consumption with balance and moderation as your goal. No food is, by definition, "bad" food - a thoughtfully planned, well-balanced diet can include any food, and all recipes. Boeuf a la Bourguignonne, a cheese omelet, a slice of chocolate cake - savor them all without qualms. When you know how many calories and fat each contains, you can balance and moderate the rest of the food you eat during the course of a meal, a day, or a week. The *WHAT'S IN IT?* guide gives you the ability to build a meal around any enticing recipe, whatever its nutritional components, and still keep carbohydrates, protein, and fat in a safe, healthy balance - and keep down calories. And if you go overboard one day, the data in the *WHAT'S IN IT?* guide will help you make up for it the next.

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