



Cooking by Hand: Creations with Superfoods and Quinoa

Susan Anderson

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Cooking by Hand Creations with Superfoods and Quinoa Cooking by Hand is about two highly nutritious and beneficial diet plans, the Quinoa Diet and the Superfoods Diet. Each of the diets feature foods that are chocked full of vitamins and nutrients that help the body to have stronger immune systems. While these two diets do aid in losing and maintaining a healthy weight level they are more chosen because they are extremely healthy diets. We have figured out that dieting does not work if you only do it for a couple of weeks or months and go back to the way you ate before. It is a complete lifestyle change of eating habits, it helps the body to feel better be stronger if the dieting continues indefinitely. The first diet section highlights the Quinoa diet. Quinoa is a super food and is deemed as such by the United Nations. Quinoa is a plant that acts much as buckwheat but is actually a part of the beet and spinach family. Quinoa has been consumed for thousands of years starting with the early Incan civilization. They hailed the plant as medicinal for the inflammation reduction properties. Today it is used to create substitutes for gluten and proteins. It is high in amino acids and aids the body is losing weight if weight is an issue. The Superfoods diet section is all about choosing and eating foods that are considered "super" much like quinoa is considered. In fact, quinoa is one of the superfood choices that show up in the recipes in this section. Superfoods are so named because they are high in antioxidants and nutrients. They are foods the body uses to strengthen the immune system among other good properties. The superfoods diet is one that brings on a positive lifestyle change, a change to healthy eating habits, and a letting go of unhealthy eating habits. The belief that we are what we eat stretches a long way here.

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