



Go Green Get Lean

TRIM YOUR WAISTLINE WITH THE
ULTIMATE LOW-CARBON
FOOTPRINT DIET



KATE GEAGAN, MS, RD

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Kathleen Armour



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Go Green Get Lean Kate Geagan, 2009-03-17 Over the past 20 years America has been steadily marching toward a diet that is more drenched in fossil fuel than any key nutrient Experts estimate that it now takes roughly 7 to 10 calories of fossil fuel energy to bring one calorie of food energy to the American plate Not only have our eating habits turned us into an increasingly overweight society but the alarming truth is that our food choices are having as much of an impact on the planet as the cars we drive **Go Green Get Lean** is the perfect eating plan for our time Revealing easy to follow steps anyone can take to eat for a healthy body and planet and drop up to 9 pounds in the first 2 weeks Kate Geagan helps readers see the questionable value of convenience foods and explains why going green doesn't require a drastic vegan overhaul Because there are many nutritional benefits to be drawn from some non plant based food choices she points readers to the best selections including occasional splurges they can enjoy in good conscience In learning to make truly LEAN choices Kate offers the following straightforward formula Before eating food ask yourself Local or global What was the Energy used to bring it to my plate Include processing packaging transportation and temperature of food Animal or plant Plant foods are greener Is this Necessary Is this food critical to my health and weight goals This trailblazing work the first to offer a specific weight loss plan along with the promise of a lowered carbon footprint makes it possible for readers to help the environment and their waistlines at the same time

InfoWorld, 1994-09-05 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects

The Healthy Pregnancy Book William Sears, Martha Sears, 2013-09-24 From America's leading authorities in childcare comes the definitive guide to having a healthy pregnancy and a healthy baby The Healthy Pregnancy Cookbook guides expectant mothers and fathers through all stages of pregnancy from preconception through birth focusing on how to enhance the health of mother and baby How to grow a smarter and healthier baby How your baby is developing and how you may be changing both emotionally and physically Eating right for two with a helpful list of pregnancy superfoods Exercise and keeping fit during your pregnancy Concerns and questions you may have about test and technology genetic counseling and childbirth options How to protect the womb environment and recognize potential household hazards Advice on working while pregnant Choosing the right healthcare provider and childbirth class The transition into parenthood And much more Written in the Searses trademark reassuring tone that makes their books long term bestsellers The Healthy Pregnancy Book is the must have resource to fit the greater demands of today's savvy parents

Christianity in a Time of Climate Change Kristen Poole, 2020-04-17 What does climate change have to do with religion and spirituality Even though a changing environment will have a dire impact on human populations affecting everything from food supply to health to housing the vast majority of Americans do not consider climate change a moral or a religious issue Yet the damage of climate change a phenomenon to which we all contribute through our collective carbon emissions presents an unprecedented ethical problem one that touches

a foundational moral principle of Christianity Jesus s dictate to love the neighbor This care for the neighbor stretches across time as well as space We are called to care for the neighbors of the future as well as those of the present How can we connect the ethical considerations of climate change the knowledge that our actions directly or indirectly cause harm to others to our individual and collective spiritual practice Christianity in a Time of Climate Change offers a series of reflective essays that consider the Christian ethics of climate change and suggest ways to fold the neighbors of the future into our spiritual lives as an impetus to meaningful personal social and ultimately environmental transformations **Green Meat?**

Ryan M. Katz-Rosene,Sarah J. Martin,2020-04-16 Green Meat takes a multifaceted approach to the issues of industrialized agricultural production and its relationship to climate change It argues that one singular solution to this problem would undermine the myriad of ways that meat is consumed across regional and cultural lines Although meat may always be a global staple of the human diet it is not too late to re examine current food systems through the framework of sustainability and ecological prosperity Alternatives Journal InfoWorld ,1994-08-29 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects *Making Nutrition Your Business* Faye Berger Mitchell,Ann M Silver,2011 This is an essential resource for any dietetics professional considering a switch to private practice consulting writing or speaking This book discusses what it takes to go solo how to structure your business money management essentials office space tips how to use technology to rev up your practice marketing ideas that will get you noticed and more *PC Mag* ,1994-09-13 PCMag com is a leading authority on technology delivering Labs based independent reviews of the latest products and services Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology The Magic Pill Matt O'Brien,2011 What if there was a pill to help you live longer feel better look younger and improve almost every aspect of your life with zero bad side effects wouldn t you want to take it The Magic Pill will prove to you that with a little time energy and effort you can have all of these benefits and much much more Unveiling the most current scientific information on aging exercise nutrition and supplementation this first guidebook of its kind provides a comprehensive self help approach to living longer improving your health and finding the happiness that resides within us all Matt O Brien takes you on an exciting journey filled with motivation education and inspiration Read this book You will take control of your health and your life will never be the same again Praise from Matt O Brien s Clients I know for certain that I would not have arrived at this fantastic place in my life without Matt O Brien as my coach motivator and friend Thank you Matt for giving me my health fitness and life back Jill Gear Matt O Brien s expertise and ability to teach have transformed my attitude towards exercise and nutrition I have a new passion for my health Brandice Lardner **Eat Right When Time Is Tight** Patricia Bannan,2010-07-07 Too many women eat on the run We don t have time to cook we don t have time to bring a healthy lunch from home we don t even have time to read a menu That s no way to eat and no way to live Eat Right When Time is Tight includes the latest health and nutrition

research and is packed with practical no time no brainer meals and snacks to grab on the run Ten master strategies empower readers to make smart choices gain energy and lose weight without suffering **The Girlfriends Diet** Editors of Good Housekeeping,2014-12-30 Studies prove it Dieting with a friend yields the best results Now based on the experts from Good Housekeeping the editors who brought you 7 Years Younger and the successful practices of real women who have lost 30 pounds and kept it off for two years comes a safe and sustainable diet and lifestyle plan created by and for women More than half the battle in dieting is boredom and the feeling of being in it all on your own The Girlfriends Diet offers not only the voices of girlfriends who share winning strategies but also encourages group gatherings in a Girlfriends Diet Club giving you unprecedented support encouragement and advice Boost your metabolism and keep those pounds off forever with this easy to follow no gimmicks approach to weight loss The Girlfriends Diet features more than 150 delicious recipes and a four week meal plan that is completely customizable based on foods you love no food is off limits not even sugar You ll learn exercise routines that anyone can do at home or in a gym and dozens of great ideas on how to buddy up with friends to take off the weight forever **Skinny Bitch: Ultimate Everyday Cookbook** Kim Barnouin,2010-10-19 Offers a collection of vegan recipes that focus on fresh seasonal ingredients rather than processed meat substitutes along with complete nutritional breakdowns and a variety of variations **Nutrition Fourth Edition** Paul Insel,Don Ross,Kimberley McMahon,Melissa Bernstein,2010-04-07 5 Stars Doody s Review Service Nutrition Fourth Edition is an accessible introduction to nutritional concepts guidelines and functions It brings scientifically based accurate information to students about topics and issues that concern them a balanced diet weight management and more and encourages them to think about the material they re reading and how it relates to their own lives Covering important biological and physiological phenomena including glucose regulation digestion and absorption and fetal development as well as familiar topics such as nutritional supplements and exercise Nutrition Fourth Edition provides a balanced presentation of behavioral change and the science of nutrition **The Complete Idiot's Guide to Eating Local** Diane A. Welland M.S., R.D.,2011-05-03 Supporting local farmers has really grown on people and here s the guide to doing it right There are so many great reasons to shop for and eat locally grown or raised foods including freshness taste energy conservation and supporting small business owners That is why tens of thousands have made the switch to local foods Now families and communities are enthusiastically supporting farmer s markets artisan dairy farmers cheese makers family farms local vineyards and local livestock Food expert and nutritionist Diane A Welland explains what local eating is and isn t and how anyone can move toward a more sustainable way of eating It covers Types of foods considered local What is in season when Storing foods Money saving tips A practical approach for a challenging endeavor Includes a complete overview of local eating across all 50 states **Read It Before You Eat It** Bonnie Taub-Dix,2010-08-31 A nationally recognized nutrition expert tells shoppers exactly what should be going into their carts The whole foods movement explained how to shop healthfully at the farmers market but how can families shop smart at Wal Mart There is a wealth of information

on labels but most people have no idea that products labeled trans fat free can contain trans fats or that all natural is a meaningless phrase Readers can bring this handy guide to the supermarket to help them interpret labels like a pro How much sodium is too much Are all carbs the kiss of death And what does organic really mean Renowned nutritionist Bonnie Taub Dix clears up the confusion by showing readers how to make sense of the labels and sidestep tricky marketing ploys She walks them through a typical grocery store and points out the best food choices to make in every aisle Nutrition Paul M. Insel, 2014 An Updated Version of an Essential Text for Nutrition Majors and Advanced Non Majors Nutrition Fifth Edition is a completely revised and updated text The new edition is challenging student focused and provides the reader with the knowledge they need to make informed decisions about their overall nutrition and a healthy lifestyle Central to Nutrition Fifth Edition is its rigorous coverage of the science of nutrition metabolism and nutrition related diseases Practical content coupled with focused chapter learning objectives reinforce key concepts to improve retention and learning outcomes An integrated pedagogy accommodates different learning styles to promote knowledge behavior change and student comprehension of the material The Fifth Edition has been updated to include a new spotlight on obesity an updated chapter on metabolism as well as a revised chapter on energy balance and body composition New Nutrition Science in Action scenarios present contemporary examples of the science behind nutrition Important biological and physiological concepts such as emulsification glucose regulation digestion and absorption fetal development nutritional supplements weight management and exercise are covered throughout the text and reinforced through updated tables and graphics New to the Fifth Edition Spotlight on Obesity Chapter Learning Objectives added to the beginning of each chapter All New Nutrition Science in Action Features Updated chapter pedagogy includes new definitions and statistics based on the 2010 Dietary Guidelines USDA MyPlate and Healthy People 2020 Updated position statements reflect the new Academy of Nutrition and Dietetics Revised and updated art gives the text a modern and current feel Key Features Learning Objectives map to chapter content Think About It questions at the beginning of each chapter present realistic nutrition related situations and ask the students to consider how they would behave in such circumstances Position statements from the Academy of Nutrition and Dietetics the American College of Sports Medicine and the American Heart Association bolster the assertions made by the authors showcasing concurrent opinions held by some of the leading organizations in nutrition and health Quick Bites present fun facts about nutrition related topics such as exotic foods social customs origins of phrases folk remedies and medical history among others For Your Information offers more in depth treatment of controversial and timely topics such as unfounded claims about the effects of sugar whether athletes need more protein and usefulness of the glycemic index Label to Table helps students apply their new decision making skills at the supermarket It walks students through the various types of information that appear on food labels including government mandated terminology misleading advertising phrases and amounts of ingredients Nutrition Science in Act *Healing in a Word* George E. Samuels, 2010-07-14 George E Samuels

shares his thoughts and words of song through inspirational poetry in *Healing in a Word* His poetry will open the doors of your heart so you will hear the words of truth and light words that begin the process of healing This his fourth book will lighten your steps and make them lively while you walk along life's journey With poems like *Mind Body and Soul* and *Healing* Samuels gets to the heart of what it takes to live each day with hope and love Come along and take an inspirational and emotional journey into the process of healing Poetry and rhyme can help to heal your mind body and soul A word can heal or harm Best we use the healing words to heal ourselves and others by thinking positive thoughts and saying positive words It is our choice

Culture, Politics and Climate Change Deserai A. Crow, Maxwell T. Boykoff, 2014-03-21 Focusing on cultural values and norms as they are translated into politics and policy outcomes this book presents a unique contribution in combining research from varied disciplines and from both the developed and developing world This collection draws from multiple perspectives to present an overview of the knowledge related to our current understanding of climate change politics and culture It is divided into four sections Culture and Values Communication and Media Politics and Policy and Future Directions in Climate Politics Scholarship each followed by a commentary from a key expert in the field The book includes analysis of the challenges and opportunities for establishing successful communication on climate change among scientists the media policy makers and activists With an emphasis on the interrelation between social cultural and political aspects of climate change communication this volume should be of interest to students and scholars of climate change environment studies environmental policy communication cultural studies media studies politics sociology

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