



From Junk Food to Joy Food: All the Foods You Love to Eat...Only Better

By Joy Bauer

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We all want to look and feel better, but where's the fun in nibbling on boring salads and choking down steamed broccoli? It's tough sticking to a diet when you're craving barbecue ribs, fettucine Alfredo, vegetable lo mein, and chocolate milkshakes. But best-selling author and *TODAY* show nutrition expert Joy Bauer is fresh from her kitchen with news for you: You can have your cheesecake and eat it, too!

In these bright, colorful pages, Joy shares how you can drop the calories in your most fattening favorites—*without* compromising flavor. With a few simple tricks, she transforms a bacon cheeseburger from a whopping 1,100 calories to a mere 425 . . . and General Tso's Chicken from an alarming 1,000 to a slimming 260.

From Boston cream pie to spaghetti and meatballs, mint chocolate chip ice cream to Buffalo wings with creamy bleu cheese dip, Joy takes the most decadent treats from fat to fit. Want to give a BLT some TLC? Joy's take on this classic comfort food could save you 35,000 calories annually—with the potential to drop 10 pounds!

Featuring more than 120 recipes and oodles of gorgeous photos, *From Junk Food to Joy Food* has you covered from sun up to late night: breakfasts, dips, soups, sides, suppers, pizzas, pastas, desserts, mocktails, and more. Don't deny yourself the flavors you love—learn to make them with joy!

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Editorial Review

About the Author

Joy Bauer, MS, RDN, is a #1 *New York Times* best-selling author and one of the nation's leading health authorities. She is the nutrition and health expert for NBC's TODAY show, the founder of Nourish Snacks, a monthly columnist for *Woman's Day* magazine, and the official nutritionist for the New York City Ballet. Joy is also the creator of JoyBauer.com and the women's health expert for About.com.

Her newest book, *From Junk Food to Joy Food*, is based on her popular TODAY show series, in which millions of Americans tune in and challenge Joy to turn fattening favorites into delicious, diet-friendly fare. The book is also the inspiration behind Joy's brand new PBS special, which is currently airing nationwide.

In the earlier part of her career, Joy was the Director of Nutrition and Fitness for the Department of Pediatric Cardiology at Mount Sinai Medical Center in New York City, as well as the clinical dietitian for their neurosurgical team. One of Joy's most rewarding experiences was creating and implementing *Heart Smart Kids*, a health program for underprivileged children living in low-income communities. She also taught Anatomy and Physiology and Sports Nutrition at NYU's School of Continuing Education.

Passionate about delivering scientifically sound, realistic information to millions, Joy has received countless awards including the National Media Excellence Award from the Academy of Nutrition and Dietetics and the American Society of Nutrition Science Media Award.

When she's not dishing out health info or sharing delicious recipes on TV, you'll find Joy making a mess in her kitchen or spending quality time at home with her husband, three kids, and dog, Gatsby.

Users Review

From reader reviews:

Mike Yerkes:

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from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love From Junk Food to Joy Food: All the Foods You Love to Eat...Only Better, you can enjoy both. It is good combination right, you still want to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't get it, oh come on its identified as reading friends.

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