

# Come On In!

**S**it down somewhere comfy, put up your feet, and have a cup of tea while we introduce ourselves. Actually, not much introduction is necessary since we're probably very much like you.

We work full-time jobs, never have enough time to do the marketing, and don't have anyone except a visiting friend or an occasional mom to help us out in the kitchen. In other words, we do all the work.

We also have husbands and kids who put their noses up at a lot of what's good for them. In fact, that's why we agreed to do this book. With all the responsibilities women have today, we knew that you needed a solid nutrition book that discusses scientific topics in plain English, that gives you practical advice, and that provides recipes that you don't have to be Martha Stewart to make.

This is that book. But it's also a book that you can trust.

To give you a little background, Colleen has been a registered dietitian for 20 years and still continues to counsel patients in her Baltimore office. Karen has been writing about nutrition in major magazines for more than a decade. She has interviewed literally hundreds of researchers over the years. We met at a nutrition con-

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ference, became fast friends, and worked on the nutrition pages of a couple of magazines together before writing this book.

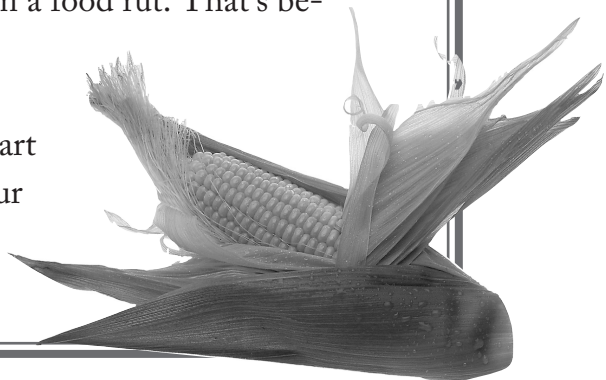
Yet despite our combined years of experience, neither one of us was really prepared for the startling information that researchers gave us. We found a chicken soup recipe that's been proved in the lab to help fight colds, a cartful of foods that might save your eyesight, and yogurts that soothe your stomach. We were blown away countless times—and believe us when we say it, we're not easily impressed!

In all, the researchers we talked to nominated 117 foods that have the ability to keep us healthy and cure a whole lot of ailments. If you skipped ahead to the good stuff before you read this introduction (as we've sometimes done), you already know that we divided this book into 97 chapters—one chapter dedicated to each healthy food or food group.

Of course, you can't eat 117 foods every day. But you can fit them in over the course of a couple of weeks. To help you plan ways to incorporate these wonderful foods into your life, check out page 490 for seasonal menus based on the recipes in this book.

Research shows that people who eat the widest variety of foods are more likely to meet their nutrient requirements and remain healthy than those who get stuck in a food rut. That's because there's an incredible amount of synergy in nutrition. Nutrients work together—foods pair up—to keep your heart healthy, your blood pressure normal, your bones strong, and your memory sharp.

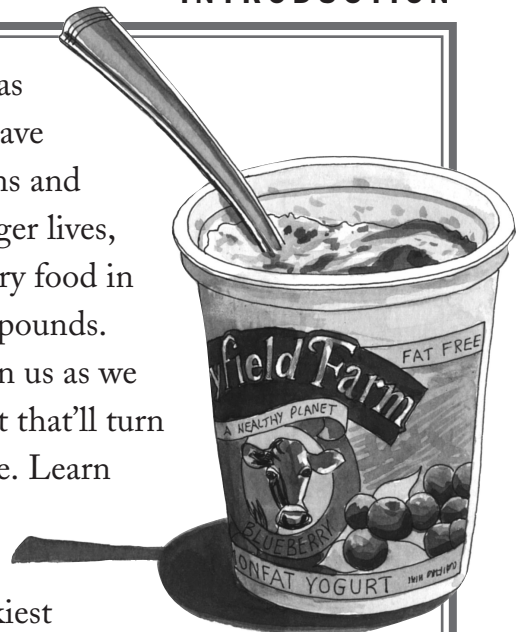
Even some foods that scientists



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thought had no redeeming value—such as cucumbers and chocolate—turn out to have compounds beyond the good old vitamins and minerals. Many may hold the key to longer lives, cancer cures, or smoother skin—and every food in this book has at least some of those compounds.

Excited yet? Well, come on then! Join us as we explore the 117 foods in the supermarket that'll turn your kitchen into a healthy, healing place. Learn about all their benefits and, most of all, how to incorporate them into your family's meals—even if you feed the pickiest eaters. Dive right into our first chapter: apples. You know that old saying about an apple a day keeping the doctor away? As you'll soon find out, it's right on the money.



*Karen*

Karen Cicero

*COLLEEN*

Colleen Pierre, M.S. RD.