

reference page

book markings

-I have marked recipes that contain the common allergens of milk/butter/dairy products, gluten, eggs, and nuts. The symbols for each of the allergens are listed below, respectively. If a recipe contains any of these allergens, you can find these images in the lower right hand corner of each recipe.



-I use the abbreviation TBS for tablespoon and tsp for teaspoon.

nutrition information

-This book is full of recipes that are healthy, however, if the portions are too large or the recipe is not followed, they can be just as unhealthy as a hamburger from McDonald's. I have provided the calorie, fat, and sodium information for each recipe. If you use that information along with how much an average, adult person should eat in a day, you can still maintain a healthy life style.

	Calories	Grams of Fat	Milligrams of Sodium
Males	2000-3000	58-101 g	2300 mg
Females	1600-2400	44-78 g	2300 mg

-A person with diabetes, high blood pressure, and other chronic diseases should eat no more than or less than 1,500 milligrams of sodium per day. All of this information also can change depending on how active a person is what his or her medical history is like.

places to find affordable food or help

-ALDI sells food for a low price and is located in Bowie at the Hilltop Shopping Center.

- Mom's Organic Market leaves boxes of food that is no longer sellable, but still good outside of their doors every night for anyone to take. Mom's is also located in Bowie in the Hilltop Shopping Center.

-Wholesale stores like BJ's and Costco also can cut down on costs. If you buy in bulk, the price is lower per product, but the total can be higher than it is normally because of the quantity.

-WIC is a program for women, infants, and children. This program helps low-income women who are pregnant, breastfeeding, or who have a small child to get food, find health care, and learn about nutrition. For more information, visit <http://www.fns.usda.gov/wic/women-infants-and-children-wic> or call 1-800-242-4942.