

Recipe Analyzer Results

A single serving of this recipe has 272 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Serving Size 6 (166g)

Per Serving	% Daily Value*
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Calories 272	
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Total Fat 9.7g	15%
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Saturated Fat 1.2g	6%
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Trans Fat 0g	
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Cholesterol 0mg	0%
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Sodium 63mg	3%
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Potassium 621mg	18%
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Total Carb 42.3g	14%
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Dietary Fiber 11.3g	45%
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Sugars 2.5g	
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Protein 9.2g	
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Vitamin A 78% · Vitamin C 104%

Calcium 9% · Iron 24%

*Based on a [2,000 calorie diet](#)

Recipe analyzed by **verywell**

EMBED THIS LABEL 

EDIT RECIPE 

START OVER 

Recipe Calorie Converter

Jacqueline B. Marcus



Recipe Calorie Converter:

Getting Started with Taipy Eric Narro, 2025-10-06 Share your machine learning models create chatbots as well as build and deploy insightful dashboards speedily using Taipy with this hands on book featuring real world application examples from multiple industries Free with your book DRM free PDF version access to Packt's next gen Reader Key Features Create visually compelling interactive data applications with Taipy Bring predictive models to end users and create data pipelines to compare scenarios with what if analyses Go beyond prototypes to build and deploy production ready applications using the cloud provider of your choice Purchase of the print or Kindle book includes a free PDF eBook in full color Book Description While data analysts data scientists and BI experts have the tools to analyze data build models and create compelling visuals they often struggle to translate these insights into practical user friendly applications that help end users answer real world questions such as identifying revenue trends predicting inventory needs or detecting fraud without wading through complex code This book is a comprehensive guide to overcoming this challenge This book teaches you how to use Taipy a powerful open source Python library to build intuitive production ready data apps quickly and efficiently Instead of creating prototypes that nobody uses you'll learn how to build faster applications that process large amounts of data for multiple users and deliver measurable business impact Taipy does the heavy lifting to enable your users to visualize their KPIs interact with charts and maps and compare scenarios for better decision making You'll learn to use Taipy to build apps that make your data accessible and actionable in production environments like the cloud or Docker By the end of this book you won't just understand Taipy you'll be able to transform your data skills into impactful solutions that address real world needs and deliver valuable insights Email sign up and proof of purchase required What you will learn Explore Taipy its use cases and how it's different from other projects Discover how to create visually appealing interactive apps display KPIs charts and maps Understand how to compare scenarios to make better decisions Connect Taipy applications to several data sources and services Develop apps for diverse use cases including chatbots dashboards ML apps and maps Deploy Taipy applications on different types of servers and services Master advanced concepts for simplifying and accelerating your development workflow Who this book is for If you're a data analyst data scientist or BI analyst looking to build production ready data apps entirely in Python this book is for you If your scripts and models sit idle because non technical stakeholders can't use them this book shows you how to turn them into full applications fast with Taipy so your work delivers real business value It's also valuable for developers and engineers who want to streamline their data workflows and build UIs in pure Python

Quick and Easy Low-Cal Vegan Comfort Food Alicia C. Simpson, 2012-05-15 At last vegan food that packs a heaping helping of comfort without the extra calories Alicia C Simpson the master of vegan comfort food is back again with food that's crave worthy and conscience friendly 150 satisfying flavorful all new recipes to enjoy from breakfast to dinner and anytime in between However you define comfort food Alicia's got you covered with down home Southern standards Tex Mex

fiesta favorites backyard BBQ fare ole fashioned one dish meals riffs on classic takeout and a few surprises destined to become new standbys Baked Hush Puppies Hoppin John Sweet Potato Salad Meatball Soup Carolina BBQ Sammich Chik n Pot Pie Kung Pao Tofu Gyros with Tzatziki Sauce Butter Rum Pound Cake Ooey Gooeys Mexican Hot Cocoa and more Every recipe includes detailed nutritional data on calories carbohydrates fat fiber and more Plus suggested daily menus ranging from 1 400 to 2 000 calories make it easier than ever to start cooking food that s good in every sense of the word **Low Carb Low Fat Blender Recipes: 68 Low Carb Low Calorie Herbal Recipes** Juliana Baldec,2014-10-14 Why Juice Fasting Smoothies for Weight Loss Works Here is the thing Know about the know the specific ingredients that will help you meet your the body s and mind s nutritional needs The trick here is to chose those ingredients that do not promote fat building up inside of your body You know yourself and by applying common sense that fad diets as a solution to weight loss is not a solution at all Diet trends never last over a long period of time and it is just a matter of time to see people who still believe in these diets go from one diet to the next one This is a sad vicious circle which will never end The healthier and more realistic alternative to this sad scenario is more of a lifestyle than a diet and it is called fast juicing the smoothie diet lifestyle What is great about drinking juices and smoothies is the fact that it is the perfect weight loss solution for females and males It is the perfect lifestyle for working moms busy people people who are on the go travelers workaholics lazy people young and old It is perfect for people who are looking for a quick and easy solution that is healthy delicious and quick and easy to fix The juicing and smoothie lifestyle is perfect for today s busy people because it does not take lots of time out of the day Guess what 5 effortless minutes is all it is going to take you So what do you need to get started All you really need to get started with this exciting juicing smoothie lifestyle is an instructional juicing and smoothie book that provides you with the recipes that you need to consume in order to get started some kitchen supplies like a blender and a juicer a high quality high speed stand alone kitchen aid like the Breville juicers and the Nutribullet blenders work best a glass of fresh source water your favorite cutting knife and a cutting board is all you really need Take on the this life changing pound dropping challenge today

Culinary Nutrition Jacqueline B. Marcus,2025-05-15 Culinary Nutrition The Science and Practice of Healthy Cooking Second Edition is one of the first textbooks specifically written to bridge the relationship between food science nutrition and culinology as well as consumer choices for diet health and enjoyment The book uses a comprehensive format with real life applications recipes and color photographs of finished dishes to emphasize the necessity of sustainably deliverable health beneficial and taste desirable products The book includes pedagogical elements to enhance and reinforce learning opportunities explores which foods and beverages involve the optimum nutritional values for dietary and health needs includes specific dietary requirements throughout the lifecycle and examines how foods and beverages are produced The fully revised second edition includes updated dietary and health guidelines and recommendations more vegan vegetarian and plant based meals updated protein carbohydrate fat vitamin and mineral recommendations environmental and sustainability

considerations and much more Explores the connections among the technical sciences of nutrition food science and the culinary arts as well as consumer choices for diet health and enjoyment Presents laboratory type in class activities using limited materials with real life applications of complex scientific concepts Includes photographs and recipes that are integrated to enhance learning experiences Offers online support for qualified instructors and students including an exam test bank case studies hands on applications and recipes that are suitable for a variety of settings Five Kilos in 5 Weeks Luke Hines,2023-01-31 When it comes to healthy sustainable weight loss keeping things simple is key In Five Kilos in Five Weeks popular trainer functional nutritionist and clean eating cook Luke Hines gives you his tried and tested diet program designed to help you safely lose a kilo a week and keep it off Luke s program is not extreme it s based on common sense and a calorie deficit and it s achievable for anyone Best of all it doesn t mean missing out Luke s fully customisable five week eating plan features more than 60 guilt free recipes for your favourite meals and snacks each made with only five ingredients Luke s recipes are all gluten free and refined sugar free and many are low carb and plant based too All recipes include nutritional breakdowns and calories per serve Taking charge of your health has never been easier or more delicious Recipes include Protein pancakes with sticky strawberries Sweet potato nuggets Pistachio crusted ocean trout Speedy chicken souva Classic steak frites One bowl banana bread Black forest brownies This is a specially formatted fixed layout ebook that retains the look and feel of the print book *Low Carb Low Calorie Nutritious Recipes For Smoothie* Juliana Baldec,2014-08-24 Low Carb Low Calorie Nutritious Recipes For Smoothies Yoghurt Smoothies Plant Based Diet Smoothies Ninja Recipes Depending on your own goals and preferences you can either consume these delicious and 5 minute quick to make smoothie recipes to become a healthier you or you can apply them as a smoothie diet in order to develop a leaner body or to loose some pounds Preparing these smoothie detox and smoothie superfood blender recipes does not take much time out of your schedule and even the busiest person in the world can apply my 5 minute quick smoothie preparation instructions Smoothie Cookbook 2 Clean Eating 17 Eating Clean Drinking Clean Recipes With High Speed Blenders like the Nutirbullet Vitamix Ninja and other types of high power blenders These clean eating drinking recipes with high speed blenders are delicious healthy simple and satisfying blender recipes These toxin cleanse clean eating recipes and vegetable juice smoothies with pulp only take 5 minutes or less to make if you follow my 5 minte Smoothie ritual Go ahead and give clean eating and clean drinking a try The compilation of these 2 Smoothie cookbooks is not expensive as opposed to other high prized clean and healthy recipe collections plus I will show you how to stick with a healthy smoothie drink and clean eating lifestyle and how to make smoothie drinks a very personal enjoyable interactive stimulating inspirational exciting effortless successful and transformational experience for you Your body and brain will get all the benefits from these smoothie detox smoothie superfood blender recipes and smoothie diet recipes See you inside where you will be transforming your foods and drinks from fat sugar filled and processed to green lean and clean *The Plant-Powered Dog* Diana Laverdure-Dunetz,2023-01-24

A vegan diet for dogs But aren't dogs carnivores Can dogs really get all the nutrients they need even protein without eating meat Would switching my dog to a plant based diet be too expensive to sustain In her newest book *The Plant Powered Dog* Canine Nutritionist Diana Laverdure Dunetz MS along with W Jean Dodds DVM reference the most up to date scientific research to explain the detailed nutritional needs of our canine companions and explore the many benefits of switching to a plant based diet including increasing longevity and preventing chronic disease It's no coincidence that staggering numbers of modern companion dogs suffer from one or more chronic inflammatory diseases Our canine companions have fallen victim to the same lifestyle related conditions that are skyrocketing among people living in developed societies As a culture we and our companion animals are overfed and undernourished and we are all traveling down the same dangerous inflammatory path Fortunately we have control over dietary choices that affect health The more research that is done in the field of epigenetics the more we learn that a plant based diet is superior for promoting optimum gene expression disease prevention and longevity The best part is that you don't have to choose between your dog's health and compassion for all animals and our planet This book will give you a solid foundation for understanding how epigenetic factors such as the foods you put in your dog's bowl and on your own plate regulate gene expression to help promote either optimum health or chronic disease The *Plant Powered Dog* is in depth guide that provides Action Steps to Ensure Success Individual Chapters Offering Plant Based Solutions for Chronic Diseases including Cancer and Diabetes Nutrient Comparison Charts Blank Recipe Creation Charts Sample Recipes with photos Extensive Resources and Cited Works There is just no denying it Plant based nutrition is not a fad for ourselves or our canine companions It is the healthy sustainable diet of the future *Dana Carpender's Every Calorie Counts Cookbook* Dana Carpender, 2006-04-06 Dieters everywhere are realizing that weight loss is a simple equation You have to burn more calories than you take in Pretty simple right You just eat fewer calories The problem is most low calorie cookbooks cut calories by cutting fat which also means they cut nutrients and flavor They also fill you up with unhealthy carbohydrates like sugar and white flour No more Dana Carpender comes to the rescue with 500 delicious and healthy low calorie recipes that include healthy fats like olive oil and nuts and healthy carbs like brown rice and whole wheat bread It's the best of both worlds and the healthiest diet imaginable because every calorie counts in terms of nutrition There are no empty calories from fillers with no nutritional value These recipes are delicious and healthy and will help you lose weight for good *Slimming Kitchen Secrets* Laura Meyer, 2025-01-02 KICK OFF THE NEW YEAR WITH DELICIOUS HEALTHY FOOD Weight Watchers Ambassador Laura Meyer presents delicious low calorie recipes that make healthy eating enjoyable and satisfying helping you maintain a healthy lifestyle without sacrificing flavour It might sound too good to be true but recipe creator Laura Meyer a Weight Watchers Ambassador and Gold Member discovered that the key to losing weight and maintaining a healthy lifestyle is eating food that you truly look forward to By getting smart about ingredients and portions and making just a few simple tweaks to her cooking Laura found a way to eat fabulous low calorie meals every day without

feeling like she was missing out while also feeding her growing family Laura lost 52lbs and in this book she shares her secrets revealing the best recipes that have helped her maintain her weight ever since Get ready to enjoy Cinnamon French Toast Creamy Chicken Satay Salad Sweet Potato Chickpea and Spinach Curry Burger in a Bowl Crispy Chilli Beef Beer Can Chicken with Loaded Sweet Potato Wedges Salmon Teriyaki Stir fry Biscoff and Banana Pancakes Chocolate chip Banana Bread Accompanied with full nutritional breakdowns and designed to be compatible with any weight loss programme you might be following these delicious flavour focused recipes will help you hit your goal weight while still feeling satisfied So if you want to make your home cooking healthier but without sacrificing the good stuff this is the book for you **Carbs & Cals Calorie Counter: Carb Counting,Weight Loss,Healthy Eating,Meal Planning,Diet Cookbook,Recipe Book.** Matt Kingsley, Unlock unstoppable results with the CARB CALORIE Counter the definitive guide to weight loss blood sugar control and Type 2 diabetes management that turns healthy eating into a simple sustainable lifestyle Packed with expert strategies low carb meal plans and quick flavorful recipes this powerhouse playbook helps burn fat boost energy and crush cravings without guesswork or bland diets Built for real life it delivers step by step nutrition coaching time saving meal prep and restaurant ready ordering tips so every choice moves closer to lasting success Why this book wins Strategies to master carb tracking calorie counting and portion control for faster fat loss and stable energy all day Diabetic friendly low glycemic meal plans and recipes designed to support blood sugar balance and reduce cravings High protein low carb nutrient dense meals that are easy to cook budget smart and packed with flavor Smart meal prep systems grocery lists and 30 minute recipes to save time without sacrificing taste Real world tactics for travel restaurants holidays and busy weeks no derailments just progress Mindset and habit frameworks for motivation accountability and long term consistency Practical templates for macro tracking non scale victories and performance goals that keep results coming What's inside Low carb low calorie high protein recipes that fuel fat loss stabilize blood sugar and build steady energy Flexible meal plans keto lite Mediterranean inspired gluten free and dairy free options tailored to lifestyle and taste Easy low glycemic swaps and portion guides that make healthy automatic Plate building visuals snack formulas and dining out cheat sheets for effortless choices anywhere Progress tracking beyond the scale sleep mood strength waist measurements and energy benchmarks that prove momentum Rapid weight loss sustainable fat loss appetite control metabolism boost A1C improvement support insulin sensitivity fiber rich meals omega 3s lean protein complex carbs hydration strategy micronutrient balance electrolytes prebiotic probiotic foods anti inflammatory nutrition heart healthy fats balanced macros intermittent fasting friendly timing CGM aware choices mindful eating rituals habit stacking routine optimization peak performance nutrition If the goal is to lose weight faster balance blood sugar and feel amazing without restrictive dieting this is the one resource that delivers clarity convenience and confidence on every page Turn confusion into a crystal clear plan transform meals into results and make wellness a lifestyle that lasts Get the CARB CALORIE Counter now optimize metabolism stabilize energy master macros and take control

of health for life *Hamlyn All Colour Cookery: 200 5:2 Diet Recipes* Hamlyn,2014-01-06 THE ESSENTIAL 5 2 DIET COOKBOOK WITH 200 RECIPES Whether you re new to the 5 2 diet and you re thinking about giving it a go or you re already a convert and are looking for recipes to improve your fasting days this is the book for you Choose from a delicious range of satisfying light meals from a variety of world cuisines all organised by mealtime so that you can quickly select a recipe Get your fasting day off to a good start with a breakfast of fragrant Moroccan baked eggs or chunky Maple glazed granola Opt for a light lunch of Chicken burgers with tomato salsa Chilli coriander fish parcels or Smoky bacon white bean soup to see you through the afternoon End the day with a serving of Lamb flageolet bean stew Chicken spinach curry or a special meal of Lobster with shallots vermouth You can even include sweet treats without breaking your diet this selection includes Brulee vanilla cheesecake Chocolate chestnut roulade and Cherry nectarine pavlova Make the 5 2 diet a life choice with this indispensable recipe collection Check out some of the other titles in the series Hamlyn All Colour Cookery 200 Super Soups Hamlyn All Colour Cookery 200 Halogen Oven Recipes Hamlyn All Colour Cookery 200 Fast Vegetarian Recipes Hamlyn All Colour Cookery 200 Cakes Bakes Hamlyn All Colour Cookery 200 Gluten Free Recipes Hamlyn All Colour Cookery 200 Really Easy Recipes Hamlyn All Colour Cookery 200 Pasta Dishes Hamlyn All Colour Cookery 200 Tapas Spanish Dishes Hamlyn All Colour Cookery 200 More Slow Cooker Recipes Hamlyn All Colour Cookery 200 Delicious Desserts Hamlyn All Colour Cookery 200 Veggie Feasts Hamlyn All Colour Cookery 200 One Pot Meals Hamlyn All Colour Cookery 200 Student Meals Hamlyn All Colour Cookery 200 Spiralizer Recipes Hamlyn All Colour Cookery 200 Easy Indian Dishes Hamlyn All Colour Cookery 200 Cupcakes Hamlyn All Colour Cookery 200 Thai Favourites Hamlyn All Colour Cookery 200 Light Slow Cooker Recipes Hamlyn All Colour Cookery 200 Easy Tagines and More Hamlyn All Colour Cookery 200 Low Fat Dishes Hamlyn All Colour Cookery 200 Cakes Bakes Applied Mathematics, Modeling and Computer Simulation Chi-Hua Chen,Andrea Scapellato,Alessandro Barbiero,Dmitry G. Korzun,2022-12-15 Applied mathematics together with modeling and computer simulation is central to engineering and computer science and remains intrinsically important in all aspects of modern technology This book presents the proceedings of AMMCS 2022 the 2nd International Conference on Applied Mathematics Modeling and Computer Simulation held in Wuhan China on 13 and 14 August 2022 with online presentations available for those not able to attend in person due to continuing pandemic restrictions The conference served as an open forum for the sharing and spreading of the newest ideas and latest research findings among all those involved in any aspect of applied mathematics modeling and computer simulation and offered an ideal platform for bringing together researchers practitioners scholars professors and engineers from all around the world to exchange the newest research results and stimulate scientific innovation More than 150 participants were able to exchange knowledge and discuss the latest developments at the conference The book contains 127 peer reviewed papers selected from more than 200 submissions and ranging from the theoretical and conceptual to the strongly pragmatic all addressing industrial best practice Topics

covered included mathematical modeling and application engineering applications and scientific computations and simulation of intelligent systems The book shares practical experiences and enlightening ideas and will be of interest to researchers and practitioners in applied mathematics modeling and computer simulation everywhere *ZDNet Software Library 10,000* Preston Gralla,1997 The ZDNet Software archive is one of the premier storage lots of quality shareware on the Internet today Contained in the archive are over 10 000 pieces of software and unlike competing directories these items are reviewed by the editors of ZDNet The two CD ROMS have a custom interface designed by ZDNet featuring live links to the Internet **Delicious ketogenic, low-carb, healthy-fat recipes for main dishes, sides, and desserts**,2024-09-14

The keto diet has been one of the hottest areas of research within the nutrition health and medical community While many have understood the benefits of the keto diet for years these benefits are just beginning to be recognized by the medical community and the health conscious public is beginning to take notice The keto diet is a low carbohydrate high fat moderate protein diet that helps transition your body from using sugar or glucose for energy to becoming a fat burning machine As you remove high carbohydrate foods from your diet your blood sugar will dramatically decline and your body will begin to break down fat for energy producing ketones that can be used by nearly every cell in the body This process causes weight loss decreased cravings and bloating and improved mental clarity This book offers a how to guide to help you get started on a keto diet as well as a collection of delicious recipes that were developed with keto philosophies in mind and analyzed by a registered dietitian nutritionist so you can be confident in your keto choices It s time to embrace not only a diet but a new and healthy way of life **Infant Feedings** Sandra T. Robbins,Leila T. Beker,American Dietetic Association. Pediatric Nutrition Practice Group,2004 This newly revised and expanded version of the Guidelines for Preparation of Infant Formula now includes specific guidelines for the preparation storage and bedside handling of infant formula as well as expressed breast milk in health care facilities All hospitals with NICUs or pediatric units nurses dietitians pharmacists or any staff responsible for infant feedings will find this an indispensable resource *Recipe for a Long, Healthy Life* Adrian

Joele,2021-10-07 This book contains information recommendations and guidelines in order to be able to live a healthy lifestyle that is based on good nutrition exercise like aerobics high intensity aerobics and weightlifting The book also describes subjects about many factors that determine good nutrition and overall health and fitness It is the author s desire that many people young and old will benefit from the content of this book Small but Mighty Barrett

Williams,ChatGPT,2025-08-15 Small but Mighty is the practical heart driven guide you ve been looking for if you want to support your dogs and cats from the gut up This accessible resource turns complex science into doable daily care translating digestion friendly nutrition into meals your pets will actually love Whether you re starting from scratch or refining an established routine you ll gain a clear step by step blueprint for nourishing your pet s microbiome comfort and energy The book walks you through a balanced gut friendly foundation choosing proteins and carbs that are easy to digest smart fats and

omega 3s for anti inflammatory support and hydration ideas that keep moisture where it matters You ll learn how to tailor portions plan meals and adjust fiber for comfort with practical guidance for puppies kittens adults and seniors Explore the digestive system in plain terms spot early signs of distress and discover gentle cooking methods that protect nutrients Delve into probiotics and prebiotics and learn how to weave these allies into everyday meals Batch cooking becomes simple with weekly menus storage tips and safe handling practices that fit busy kitchens You ll find targeted sections on special diets handling sensitivities and allergies and strategies for weight control without sacrificing satisfaction From starter meals and fiber rich bowls to microbiome supporting recipes and heartier fare for ongoing wellness this book offers real world recipes you can rotate for variety and balance With practical tools real life scenarios and no nonsense guidance Small but Mighty helps you build a sustainable feeding plan that supports digestive health and daily happiness for your canine and feline companions Ready to start nourishing better digestion today Your gut healthy kitchen awaits Discover tips you can implement this week plus long term strategies you can revisit as your pet grows ages or encounters new tastes Clear honest guidance you can trust with no fluff or filler Inside you ll find simple checklists and quick start plans to get you cooking confidently

Diet Evaluation G. Richard Jansen, Patricia A. Kendall, Coerene M. Jansen, 2013-10-22 *Diet Evaluation A Guide to Planning a Healthy Diet* provides knowledge about diet and health along with an accurate and convenient way to assess the nutritional adequacy of individual and family diets The book discusses health promotion and disease prevention the prevalence risk factors and major complications of coronary heart disease diabetes mellitus hypertension cancer and osteoporosis The text also provides dietary recommendations diet guide nutrient nutri unit tables and menu items with maximum quantities of nutrients Dietitians nutritionists and people concerned with their health and fitness will find the book useful

A Scientist Audits the Earth Stuart Leonard Pimm, 2004 Humans use 50 percent of the world s freshwater supply and consume 42 percent of its plant growth We are liquidating animals and plants one hundred times faster than the natural rate of extinction Such numbers should make it clear that our impact on the planet has been and continues to be extreme and detrimental Yet even after decades of awareness of our environmental peril there remains passionate disagreement over what the problems are and how they should be remedied Much of the impasse stems from the fact that the problems are difficult to quantify How do we assess the impact of habitat loss on various species when we haven t even counted them all And just what factors go into that 42 percent of biomass we are hungrily consuming It is only through an understanding of the numbers that we will be able to break that impasse and come to agreement on which environmental issues are most critical and how they might best be addressed Working on the front lines of conservation biology Stuart Pimm is one of the pioneers whose work has put the science in environmental science In this book he appoints himself investment banker of the global biological accounts checking the environmental statistics gathered by tireless scientists in work that is always painstaking and often heartbreaking With wit passion and candor he reveals the importance of understanding where these

numbers come from and what they mean To do so he takes the reader on a globe circling tour of our beautiful but weary planet from the volcanic mountains and rainforests of Hawai i to the boreal forests of Siberia At times the view looks rather grim Yet Pimm ever the optimist presents a world filled with mysterious beauty the infinite variety of nature and an urgent hope that through an understanding of our planet s environmental past and present we will be inspired to save it from future extinction

Soup for Every Body Joanna Pruess, Lauren Braun, 2006-10-01 This collection takes a unique flexible approach to soup making with variations that make the recipes appropriate for low carbohydrate high protein lowfat vegan and vegetarian diets Gorgeous full color photographs and easy to follow techniques make this a must have

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