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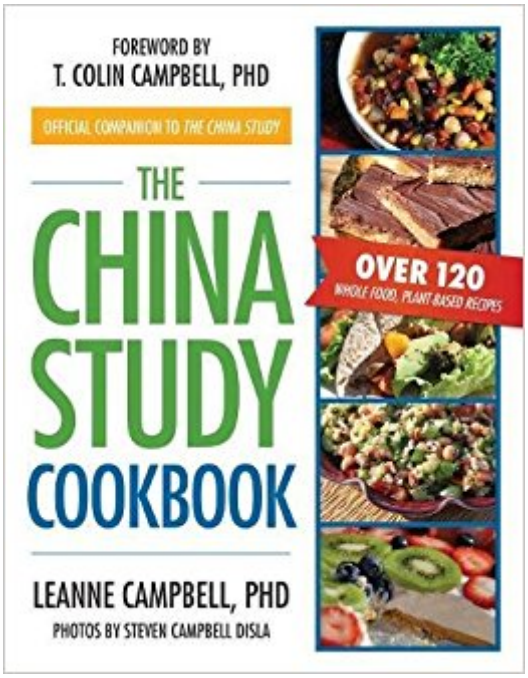
The China Study Cookbook: Over 120 Whole Food, Plant-Based Recipes



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Synopsis

The China Study, with 850,000 copies sold, has been hailed as one of the most important health and nutrition books ever published. It revealed that the traditional Western diet has led to our modern health crisis and the widespread growth of obesity, diabetes, heart disease, and cancer. Based on the most comprehensive nutrition study ever conducted, the book reveals that a plant-based diet leads to optimal health with the power to halt or reverse many diseases. The China Study Cookbook takes these scientific findings and puts them to action. Written by LeAnne Campbell, daughter of The China Study author T. Colin Campbell, PhD, and mother of two hungry teenagers, The China Study Cookbook features delicious, easily prepared plant-based recipes with no added fat and minimal sugar and salt that promote optimal health. From her Breakfast Home-Fry Hash and Fabulous Sweet Potato Enchiladas to No-Bake Peanut Butter Bars and Cheese(less) Cake, all of LeAnneâ ™s recipes follow three important principles: 1. Optimal nutrition is based on eating food rather than nutrient supplements2. The closer that foods are to their native states—prepared with minimal cooking, salting, and processing—the greater the long-term health benefits of eating them3. It is best to choose locally and organically grown produce whenever possible Filled with helpful tips on substitutions, keeping foods nutrient-rich, and transitioning to a plant-based diet, The China Study Cookbook shows how to transform individual health and the health of the entire family.

Book Information

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Customer Reviews

“The China Study Cookbook combines the best and healthiest practices of the plant-based movement with no-oil dishes you and your family will love.â •—Lindsay S. Nixon, author of the bestselling Happy Herbivore cookbook series

LeAnne Campbell, PhD,Â has been cooking whole foods, plant-based meals (WFPB) for over 25 years and has raised two athletic sons, now 21 and 20 years of age, on a WFPB diet. When not preparing quick, delicious and satisfying meals, she's working with schools, teachers, artists and community groups, locally and internationally, on initiatives that foster the development of vibrant, inclusive and sustainable communities. This work is accomplished through GlobalRoots.netÂ and as the president and founder of this organization, she develops, implements and directs a wide-range of community based educational programs. One example is the "Total Health Experience", a week long program -- or pathway, to achieve optimal health. She has a B.S. and Masters degree from Cornell University in Human Service Studies and a PhD from UNC Chapel Hill in the area of Culture, Curriculum and Change. Â For more than 40 years, T. Colin Campbell, PhD, has been at the forefront of nutrition research. His legacy, the China Study, is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. He has received more than 70 grant years of peer-reviewed research funding and authored more than 300 research papers. The China Study was the culmination of a 20-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine.

I'm reviewing this from the standpoint of being vegan for only 4 months. My twin sister got cancer at age 39 and tested positive for lynch syndrome which means she genetically has a higher risk of certain cancers than the general population. My children and I run the same risk and all the cancer diet research leads me to a low-fat vegan diet. I'm also reviewing this from the perspective of a mom who cooks for a husband, a mother-in-law, and 7 kids (ages 18-6 months) everyday. I've spent hours and hours pouring over recipes for my new menu. If I was going to change everything I fed my family, my new Vegan recipes had to trump my old traditional American family favorites. They have!!! However we also teach our kids that every meal does NOT have to be a symphony in their mouth.I really love that there are no added oils in these recipes. From cooking them I've learned I can successfully omit all the oils from other recipes or make substitutions without losing anything but unwanted fat. I learned from this cookbook that ground flax seeds and water make an excellent egg substitute. I even used it to coat and batter tofu fishsticks from a recipe in The Vegan Lunchbox. I

love that these recipes use minimal amounts of sweeteners but they're still delicious. I personally think every recipe in the book is top notch and I would eat them, as I've made a lot of them. However I will only cook foods that win in our family by a majority vote. Here are the recipes that are kid tested and family approved. Pecan Ball Subs (pg 150) is the top pick. Other winners are: Favorite French Toast (add 1/2 cup whole grain flour to the batter to make a fancy battered French toast), Fruit Crepes (or creeps as my kids call them), pumpkin pancakes, Panana Cakes (big hit), scrambled Tofu, Fiesta Cornbread, No-bake Peanut Butter Bars (my 6 yr old cried when they were all gone and begged everyday for more). Now these other recipes are not a big hit with the kids, but I make them because the adults like them so well: Garlic Greenbeans and Mushrooms (fancy and delicious), Thai Wraps (I could eat them everyday) Pumpkin Gnocchi with Italian Vegetable Sauce (my husband said it's the bomb). This recipe book has been the standard by which I judge, choose, or modify other recipes. Other helpful books I recommend: Eat To Live, The Starch Solution, Disease-proof Your Child, Engine 2 Diet, My Beef With Meat, Fart Free Vegan, The China Study, any book by Dr Neal Barnard (I loved Breaking The Food Seduction and The 21 Day Kickstart Program).Without trying to lose weight per se, I've lost 15 lbs, my husband 13 lbs, 18 yr old son 10 lbs, 17 yr old daughter 5 lbs, Mother-in-law 12 lbs.

I've had the cookbook for only a short time but have constructed a few meals...all tasty and vegan. I was doing OK on my own, but this book puts a little "flash" back into the meals. I had been eating "no-nos" like fake crab salad...I'm from Maryland and love crab, can't afford the price of the real stuff, and now that I'm dedicating myself to the vegan life, even fake crab is out. I will adjust...and it hasn't been hard. Having my blood pressure drop over 20 points in less than a month is gift enough.

A bit over the top for a guy (me) that doesn't like to cook but well written and has pages of good information to go with the various recipes.

Most beneficial cookbook to be able to follow up on the principles outlined in the China Study.

Highly recommended! All low- or no-fat recipes and are easy and super tasty. Dr. Campbell (author of "The China Study" and "Whole") paved the way for the science behind the whole foods plant-based lifestyle, and his entire family is spreading the word with these delicious recipes. Ended up returning other plant-based cookbooks because they used a load of oils. Both Dr. Campbell and Dr. Caldwell Esselstyn ("Prevent and Reverse Heart Disease - there is a cookbook too!) are THE

experts on low-fat whole foods plant-based lifestyle. Stick with them and you can’t go wrong.

Leanne tells is all how to set up your kitchen and how to make and present a healthy meal. Leanne has the whole family from grandpa to the grandkids help Leanne teaches you the science of what the food is doing in your body how it is making you healthy. We are eating the foods from her recipe’s the meal presentation, taste and fullness of the body after the meal does not leave you hungry; but pleased.An excellent book to keep in the kitchen.Bruce

This Book is So Awesome! I wish our whole society could see the benefits of fore-going meat and our world would be better for it. I do believe that the Meat & Chicken Lobby in the U.S. control our marketplace. If we would eat the plants instead of feeding them to cows & pigs we would not have the health problems and the poverty problems. Yay for Leanne Campbell, the author for bringing this book forth. I’m SO happy I found it! And the recipes are fantastic! Who needs meat and dairy?? Not I! Never again!

I was pleasantly surprised when I received this book because it has many color pictures of the items to make. It is a nice one inch book of many items for breakfast through dinner with snacks too.

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