

INDEX

A

Alcohol · 5, 6, 7, 8, 48, 51, 75, 102, 123, 136, 138, 167, 168, 169
absorption · 6
and appetite · 7
distribution in body · 6
health benefits · 7
metabolizing · 6

Alzheimer · 7, 77, 108

Anchovies · 162

Anise toast · 317

Antioxidants · 3

Antipasti · 190

Antipasto
bruschetta · 192
cheese, olive & salumi · 191
marinated eggplant · 197
marinated zucchini · 198
melon & prosciutto · 191
mini pizzas · 193
roasted bell peppers · 195
tomatoes & mozzarella · 194
vegetable & meat · 194
zucchini flowers · 196

Aperitifs · 167

Appetite
vs. hunger · 109

Artificial Sweeteners · 21

asparagus
boiled · 288

Atherosclerosis · 35

B

Basal Metabolic Rate · 53

Beans
and Macaroni · 228
and Macaroni, quick · 229
green · 126, 230, 236, 290, 341, 348

Beef · 161

Beer
Italian · 172

Beta-carotene · 96, 121

Blanching almonds · 321

BMI · 57, 58, 59

BMR · 53, 54, 55, 56, 85

Body Mass Index · 58

Bread
banana nut · 184
Cajun corn · 309
focaccia · 300
garlic toast · 309

loaf · 302
panino · 301
panzarotti di prosciutto · 307
tips for making · 297
zucchini nut · 183

Bread & Pizza Dough · 299

Breakfast · 116
apple muffins · 185
banana muffins · 184
blueberry muffins · 186
coffee with milk · 178
Continental · 118
custard · 189
dining out · 136
espresso · 179
French toast · 181
fruit fritters · 182
oatmeal · 187
Panettone · 180
scrambled eggs · 188
tea with milk · 178
zucchini nut bread · 183

Broccoli with Rice · 293

Broth
basic beef · 208
basic chicken · 206

Bruschetta · 192

C

cake
Torta · 312
with strawberries · 326

Calorie
defined · 8

Calories
allocating · 113, 114
reducing in your diet · 77

Calzone · 308

Candied Yams · 296

Candy
chocolate with nuts · 320

Capocollo · 160

Cheese
Crisp · 334
fontina · 158
Gorgonzola · 158
Italian · 157
Mascarpone · 157
Parmigiano Reggiano · 158
Pecorino Romano · 158
Pizza · 303
provolone · 158
provolone, aged · 159
ricotta · 157

Chicken

baked pieces with potatoes · 262
baked whole · 261
oven fried · 264
stuffed · 263

Cholesterol · 3, 7, 16, 17, 20, 21, 23, 27, 29, 30, 32, 35, 36, 37, 48, 51, 62, 71, 75, 80, 87, 97, 101, 102, 118, 119, 131, 166, 187, 310
blood levels · 36
HDL · 7, 23, 35, 101, 166
LDL · 7, 35, 36, 101, 166, 187

Coffee
Espresso · 179
with milk · 178

Continental Breakfast · 180

Cookies
Almond · 324
Amaretti · 321
Biscotti · 317
calaski · 325
Chocolate Chip · 322
pizzelle · 311
Portuguese · 323

Cream Puffs · 318

Custard · 189

D

Diabetes
blood sugar level · 12
symptoms · 12
Type-1 · 11, 12, 22
Type-2 · 4, 9, 11, 12, 13, 22, 24, 35, 69, 80, 126

Diet
Japanese · 4, 5, 291
Mediterranean · 4, 5, 7, 15, 22, 27, 33, 37, 51, 61, 75, 86, 87, 92, 93, 95, 96, 97, 98, 101, 102, 103, 104, 105, 107, 108, 114, 121, 123, 125, 130, 153, 162, 164, 253, 297, 310

Dietary Supplements · 87

Dinner · 123
dining out · 136

Dolci · 310

dressing
balsamic vinaigrette · 200
Dijon balsamic vinaigrette · 200
French · 201

E

Éclairs · 318

Eggplant

Apulian, parmigiano · 254
 Apulian, potato parmigiano · 256
 marinated · 197
 parmigiano · 258
 stuffed · 259

Eggs
 scrambled · 188

Epigenome · 80

Equilibrium · 91

Equipment and supplies · 147

Espresso · 179

Exercise
 aerobic · 66
 anaerobic · 66
 developing a plan · 68

F

Fagioli e Pasta · 228, 229

Farfalle
 with green beans · 236

Fat
 body · 30
 monounsaturated · 32, 101, 129
 omega-3 · 33, 34, 42, 103, 117
 omega-6 · 33
 polyunsaturated · 29, 32, 34
 saturated · 29, 32, 37, 78, 91,
 129, 137
 unsaturated · 32

Fatty acids
 essential · 33

FDA · 3, 17, 35, 39, 42, 45, 46, 47,
 48, 76, 87, 88, 354

fiber · 9, 10, 13, 15, 16, 17, 18, 19,
 20, 21, 22, 23, 24, 25, 36, 42, 48,
 86, 87, 97, 98, 99, 100, 101, 104,
 114, 117, 118, 119, 121, 123,
 125, 126, 129, 130, 136, 137,
 156, 203, 284, 297, 310, 329
 dietary · 16
 increasing dietary · 17

Fish
 baked with potatoes · 265
 broiled · 270
 fried · 266
 oven fried · 269
 pan fried fillets · 267
 stuffed fillets or smelt · 268

Flavonoids · 7, 121

French Toast · 181

Fritters
 fruit · 182

Fruit
 eating enough · 125

FTC · 88

G

Garlic Toast · 309

Genetics
 epigenome · 79
 genome · 79
 weight gain · 79

Genome · 80

Glucose intolerance · 12

Glycemic Index · 22
 levels · 24

Glycemic Load · 23
 levels · 24

GRAS · 46, 47

Gumbo
 seafood · 280

H

Harris-Benedict
 equation · 54

HDL · *See cholesterol*

Herbs
 anise · 165

Herbs · 165
 basil · 165
 bay leaf · 165
 capers · 165
 fennel · 165
 garlic · 165
 marjoram · 166
 mint · 165
 oregano · 166
 parsley · 166

High Fructose Corn Syrup · 9

Holidays · 105

Holmes-Rahe
 life stress inventory · 105

Hot Sandwiches · 329

Hunger
 vs. appetite · 109

Hydrogenated · 34

I

Ingredient
 equivalents · 144
 substitutions · 144

Insulin · 11, 13

Iodine · 39, 40

J

Jambalaya
 chicken and seafood · 281

Junk Foods · 90

L

Lactose Intolerance · 15

lamb · 161

Lasagna
 no boil meat & cheese · 233
 vegetable · 234
 with meat sauce · 232

LDL · *See cholesterol*

Legumes
 beans · 15, 17, 19, 20, 24, 25, 27,
 34, 87, 100, 103, 104, 122,
 125, 130, 131, 139, 156, 179,
 203, 213, 214, 215, 228, 229,
 230, 236, 251, 284, 287, 290,
 341, 348, 349, 350, 351, 352,
 355
 peas · 27, 104, 146, 156, 212,
 340, 341

Life Expectancy · 108

Life Span · 108

Liquor
 Amaretto · 168
 Marsala · 167
 Sambuca · 168
 Vin Santo · 168

Liqueurs · 167

Lunch · 120
 dining out · 136

Lycopene · 96

M

Manicotti
 ricotta or spinach · 246

Meals
 number per day · 124
 planning · 109

Meatballs · 273

Meatloaf · 274

Mediterranean Diet
 characteristics · 102
 pyramid · 96
 test · 103

Melon and Prosciutto · 191

Menu
 planning · 116

Mollusks · 162

Mortadella · 160

Moussaka · 283

Muffins
 apple · 185
 banana nut · 184
 blueberry · 186

Mushrooms · 163

Index

N

Net Carbs · 21

O

Oatmeal · 187
Olive Oil · 166
Organic · 47
Osso Buco · 278

P

Pancetta · 159
Pasta · 153
 Alfredo · 240
 Alfredo with asparagus · 241
 beans & macaroni, quick · 229
 beans and macaroni · 228
 cooking perfect · 218
 Tembano · 231
 with anchovies · 245
 with butter & cheese · 238
 with cauliflower · 237
 with green beans · 230
 with pesto · 227
 with poultry sauce · 244
 with rapini · 242
 with ricotta sauce · 239
 with tuna sauce · 243
Peas
 and macaroni · 235
 and rice · 235
Peppers
 roasted bell · 195
 stuffed bell · 260
 with tomatoes & onions · 285
Physical Activity
 daily · 98
Pizza
 cheese · 303
 dolce · 316
 fresca · 305
 Margarita · 304
 mini · 193
 personal · 306
Pork · 160
Portion Size
 downsize it · 126
Potatoes
 baked · 296
 boiled · 289
 fried · 295
 with rosemary and white wine · 294
 yams, candied · 296
Poultry · 161
Prosciutto · 159

Protein · 26
 Biological Value · 26
 eating too much · 28
Pudding
 vanilla · 327

R

RDA · 42
Rice
 baked with potatoes · 250
 cooking · 219
 red beans and · 251
 risotto, easy mushroom · 252
 risotto, shrimp · 248
 risotto, vegetable · 249
 Spanish · 252
 with peas · 235
Ricotta dolce · 311
Rule
 2 to 3 ounce · 127
 20 minute · 131

S

Salad · 190
 cucumber & tomato · 202
 four bean · 203
 lettuce, cheese & olives · 203
 tomato · 202
salami · 160
Salsa Cruda · 199
Salt
 kosher · 40
 sea · 40
 substitutes · 40
 table · 40
 types of · 39
Sandwich · 328
 eggplant or Zucchini · 331
 frisedde · 330
 grilled cheese · 334
 roasted Bell Peppers · 331
 salami and Provolone · 332
 salami, Tomato and Mozzarella · 333
 tomato or Roasted Bell Peppers · 332
 tomato, Pepper and Provolone · 333
Tuna and Tomato · 329
Sauce
 Alfredo · 221
 basic pizza · 303
 basic tomato · 222
 cocktail · 201
 meat · 223
 pesto · 220, 227
 poultry · 244

 ragu · 223
 ricotta · 239
 sausage & ground beef · 224
 tomato · 220
 tomato with pulled beef · 225
 tomato with pulled pork · 226
 tomato, storing · 220
 tuna · 243

Sausage

 hot Italian · 272
 sweet Italian · 271

Sausages

 veal, chicken or pork · 276

Seafood

 Shrimp Creole · 282

Sodium

Soup

 basic beef · 208
 basic chicken · 206
 fish · 210
 French onion · 217
 lentil · 211
 minestrone · 213
 quick meat & vegetable · 215
 split pea · 212

Spanish Rice

Starch

Steak

 broiled · 277

Stew

 chicken · 214
 lamb, beef or pork · 279
 vegetable & pork · 216

Stress

 cortisol · 88

Sugar

 disaccharides · 12, 13, 14
 monosaccharides · 12, 13, 14
 polysaccharides · 12, 13

Sweet pizza

Sweet Potatoes

Sweets

T

Tai Chi

Tea

 with milk · 178

Tiramisu

Toast

 French · 181

Tomatoes

 with mozzarella & basil · 194

Trans fat

 monodiglycerides · 35

Triglycerides

U

USDA · 79, 96, 99, 100, 125, 129, 135, 161, 351, 354

V

Vacations · 105

Veal · 160

Veal or Pork rolls · 275

Veal shanks · 278

Vegetables · 162

asparagus · 100, 130, 188, 241, 249, 284, 286, 287, 288

beets · 14, 38, 284, 292

broccoli · 16, 18, 42, 100, 121, 146, 147, 153, 156, 163, 164, 214, 241, 284, 287, 293

carrot · 90, 125, 260, 351

cauliflower · 18, 100, 121, 220, 237, 287, 291

eating enough · 125

eggplant · 100, 121, 122, 130, 147, 156, 158, 162, 166, 197, 198, 253, 254, 255, 256, 257, 258, 259, 283, 284, 328, 331

fried · 126, 163, 291, 306, 335, 340, 344, 350, 351, 352

potatoes · 22, 101, 146, 163, 164, 250, 261, 262, 265, 294, 296, 340

Rapini · 164

Red beets, pickled · 292

Sauteed · 286

Spinach · 18, 20, 109, 146, 156, 188, 212, 215, 242, 246, 247, 284, 334

Steamed · 287

Zucchini · 78, 100, 121, 125, 130, 147, 156, 162, 163, 166, 183, 188, 196, 198, 213, 214, 215, 220, 253, 254, 255, 257, 259, 284, 286, 287, 291, 298, 328, 330, 331, 333, 352

Vinegar · 167

balsamic · 167

red & white wine · 167

Vitamins

fat soluble · 30

airing · 170
 American · 171
 Bardolino · 170
 Barolo · 171
 Chianti · 171
 decanting · 170
 Italian · 170
 Red · 170
 selecting · 168
 serving · 170
 Soave · 171
 sparkling · 170
 storing · 169
 Valpolicella · 171
 vintage · 169

Y

Yoga · 63

Z

Zucchini

Apulian parmigiano · 254
 fried flowers · 196
 marinated · 198
 stuffed · 259

W

Weight Gain

aging · 81

Weight Loss

myths · 82

Weights and Measures · 143

Wine · 123