

# Download Cooking For One Or Two

What a Registered Dietitian Nutritionist Can Do for You. When you need food and nutrition information based on fact or need to know how a healthy diet improves health and fights disease—rely on qualified professionals in the field. The .gov means it's official. Federal government websites always use a .gov or .mil domain. Before sharing sensitive information online, make sure you're on a .gov or .mil site by inspecting your browser's address (or "location") bar. If you don't have a microwave, you can steam spinach on top of the stove using a steamer or a double boiler. Boiling spinach directly in water will destroy most of the folic acid, and you'll lose flavor as well. Nutrition and colors *can* work together, as long as one isn't depending on food coloring for the color. You get different nutrients from vegetables of different colors, so having purple cabbage, orange squash, dark green parsley and bright red tomatoes all provide different nutrients and make a pretty table, too., Cooking For One Or Two.

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