

Index

- acidity, 134
- activity, 49
- addiction, 60, 130, 197
- additives, 28, 36, 39, 55
- African-Americans, 35, 78, 230
- Agatston, Arthur, 132
- agility, 234
- aging, 141, 217
- alcohol, 181
- All Saints' Day, 256
- alligator on a stick, 80
- aluminum cookware, 290
- Alzheimer's, 236, 290
- Amato, Anthony, 34-35, 51, 54
- American Academy of Pediatrics, 50
- American Heart Association, 100, 128
- amino acids, 140-41
- ammonia, 142
- andouille, 80
- animal fats, 95
- antibiotics, 143-44
- antioxidants, 29, 183, 209
- Apple or Peach Crisp, 268
- Archives of Ophthalmology*, 218-19
- Aristotle, 252
- Arnaud's Restaurant, 137, 139
- arterial plaque, 96
- Ash Wednesday, 77, 80
- Assaud, Alain, 33
- asthma, 55
- Atkins, Robert C., 89, 141-42, 193, 196-97
- Atwater, Dr., 127, 133
- Audubon Park, 117
- B vitamins, 29
- babies, 133
- baby foods, 28
- Bacchus, 79
- bacon, 160
- bad (LDL) cholesterol, 98, 100
- baked ham, 61
- Balsamic Butternut Squash, 284
- Balsamic Vinegar and Oil Dressing, 174
- barbecue, 44, 76
- Bards of Bohemia, 69
- Barkley, Charles, 242
- Basal Metabolic Rate, 83
- Batiste, Harold, 276
- Battle of New Orleans, 165
- beans, 132
- Beef Stock, 266
- Beefmaster, 102
- beignets, 80
- Belle River Crawfish Salad, 105
- Berenson, Gerald, 101-2, 176
- Besh's Cioppino, 151
- Bienville, Jean Baptiste Le Moyne, Sieur de, 165
- bile salt, 97
- bioflavonoids, 214, 216
- Blackened Catfish Salad with Lavender Honey Vinaigrette, 167
- Blackened Tuna Wrap, 206

- blanch, 45
 blessings of life, 270
 blood glucose, 142
 blood pressure, 57
 blood sugar, 57, 124, 198
 Body Mass Index, 82
 Bogalusa Heart Study, 101
 boiled shrimp, 61
 Bond, James, 183
 bone density, 234, 237
 Borey, Sonny, 79
 Botsford, Gardner, 290
 bottle feeding, 26
 bottled water, 208
 Bourbon Street, 167
 bread, 127-28, 200
 “Breaded” Salmon with Shrimp,
 Fennel, and Oranges, 107
 breakfast, 35, 37-38
 breast feeding, 26
 breathing, 254
British Medical Journal, 182
 broccoli, 29, 45
 Broiled Parmesan Creole Tomatoes,
 41
 buffalo, 153
 Bunny Bread, 128
 Busmann, Ray, 255, 272
 butter, 45-46, 95, 102, 203
 Butternut Squash Soup, 262

 cabbage, 227
 caffeine, 55
 calcium, 29, 202, 216, 237
 calorie balance, 86
 calorie restriction, 85
 calories, 83, 200
 cancer, 203
 canned food, 180
 canola oil, 86, 100, 102
 Capps, Anthony, 236
 Carbohydrate Addicts Life Span, 197
 carbohydrate consumption, 126
 carbohydrates, 86, 87, 90, 118, 123,
 197
 cardiovascular disease, 203
 carnival, 25
 Carson, Rachel, 177
 Carver, George Washington, 141
 Casbarian, Archie, 138-40
 Castelli, W. P., 97
 cataract, 219
 cellulite, 244
 Center for Integrated Agricultural
 Systems, 214
 Center for Science in the Public
 Interest, 179
 Central Business District, 117
 cereals, 36
 certified organic produce, 171
 champagne, 182
 Cheese Grits, 72
 Chef Bobo (Robert Surles), 56, 59,
 61, 69
 Chef Bobo’s Bread Pudding, 63
 Chef Bobo’s Simple and Delicious
 Guacamole, 61
 Chef John’s Family-Style Lighter
 Shrimp and Grits, 74
 Cheyne, George, 239
 Chicken Breast Sauté Supreme, 191
 Chicken Stock, 265
 Chifici, Joyce, 253
 childhood obesity epidemic, 52
 children and food, 43
 Chili, No Beans, 205
 Chilled Buttermilk and Cucumber
 Soup with Seafood, 147
 cholesterol, 96-97, 203-4
 chopping boards, 290
 Christmas, 273
 Christmas New Orleans Style, 279
 Clark, Joshua, 166
 Clarkson, Jackie, 137

- Clarkson, Patricia, 137
 Classic Oil and Vinegar Dressing, 174
 cleansing breath, 254
 clinical experience, 58
 Cocoa Quickie, 49
 coffee, 209
 cold drinks, 129
 Coleslaw Vinaigrette, 77
 collard greens, 227
 commercial farmers, 143
 Community Supported Agriculture, 214
 community-based agriculture, 171
 complex carbohydrates, 132
Conde Nast Traveler, 33
 connectedness, 275
 Connick, Harry, Jr., 79
 Consumers Union, 179
 cooking, 28-29, 44, 291
 “Cool Snap” Autumn Soup, 261
 Cool Strawberry Sauce, 233
 Copeland, Al, 67
 corn dogs, 80
 Corn Soup, 264
 cornbread, 46
 Cornbread Dressing, 259
 cottonseed oil, 100
 Couscous, 123
 Covert, Mildred, 140
 Crab Cakes, 149
 crawfish, 80, 104, 147
 Crawfish Cakes, 104
 crawfish pie, 113
 Creole, 166, 255
 Creole Breakfast Grillades, 73
 Creole Collard, Black Bean, and Andouille Soup, 228
 Creole Cucumbers, 285
 Creole cuisine, 279
 Creole Egg Salad Sandwiches, 230
 Creole Jewish, 140
 Creole Low-Salt Barbecue Sauce, 231
 Creole Tomato Frittata, 36
 Creole tomatoes, 170, 216
 Crescent City Classic footrace, 117
 Crispy Cornish Hens, 282
 Crosby, Stills & Nash, 188
 crowder peas, 46
 cucumbers, 45
 Culinary Institute of America, 33
 dairy products, 96, 216
 Davis, Quint, 187
 D-Day Museum, 117
 deep breathing, 253
 Degas, Edgar, 187
 dehydration, 197, 208
 dessert, 45
 diabetes, 30, 32
 diet books, 193, 199
 diet supplements, 29, 171, 220
 Dietary Guidelines for Americans 2005, 199-202
 diets, 31, 84-85
 digestion, 124, 140
 dinner, 39-40
 discipline, 80
 diverticulosis, 132
 Domino, Fats, 188
 Donne, John, 272
 Down-Home Crawfish Pie, 106
 Dried Fruit Compote, 283
 dry eyes, 219-20
 duck, 153
 Dwayne Doopsie and the Zydeco Hellraisers, 170
 Easter, 89, 137, 154
Eat to Live, 195
 Edible Schoolyard Program, 35
 efficient kitchen, 287
 Eggplant Delight, 267
 Eisenhower, Dwight D., 243

- electronic devices, 50
- electronic game time, 235
- Endymion, 79
- Enig, M. G., 96
- environmental pollutants, 144
- Essence Fest, 230
- Essence* magazine, 230
- essential fatty acids, 201
- essential nutrients, 207
- estrogen, 144
- ethylene glycol, 183
- European Union Congress, 176
- evaporated cane juice, 129
- exercise, 50, 57, 83-84, 130, 234-36, 238-39, 242-45, 251
- extra-virgin olive oil, 102
- eyes, 124, 217

- Fair Grounds, 187
- Fake Fried Chicken, 192
- family, 40, 44, 133, 256, 271
- Farber, George, 224
- farmers' markets, 170-71, 210, 213
- fast food, 30, 32, 34, 39, 203
- fastest Salad in the World, 175
- fat, 39, 86, 134
- fat and bone marrow, 90
- fat cells, 130
- fat consumption, 55
- fat investigation teams, 31
- Fat Tuesday, 59-60, 89
- fat-free or low-fat milk, 201
- fatty acids, 91-92
- fatty tissues, 81
- feed-lot production of beef, 101
- fennel, 115
- Ferrara, Jonathan, 252, 273
- fertilizer, 177
- fiber, 29, 36, 118-19, 132, 171
- Filets of Beef with Roasted Root Vegetables and Mushroom Tea, 283
- fish, 103, 144-45, 220
- fish fry, 114
- Fixx, Jim, 243
- flavor, 45, 286
- Fleming, Ian, 182
- flexibility, 234
- flour-producing roller mills, 127
- Food and Wine*, 33
- food dyes, 39
- Food Guide Pyramid, 204, 206
- Food Network, 287
- Food Quality Protection Act, 180
- food supply, 52, 84, 90, 99, 126, 128
- Foodie Myths, 28, 36, 46, 93, 95, 171
- foot health, 240-41
- Fountain, Pete, 78, 276
- Four Major Food Groups, 203
- Framingham [Massachusetts] Heart Study, 96-97
- France, 33, 43, 89
- Francis, Michael, 227-28
- Francis, Norman, 228
- Free-Range Chicken Pot Pie, 248
- free-range meat, 143, 153, 156
- French paradox, 198
- French Quarter, 69, 117, 137, 165, 245, 275
- French Quarter Festival, 167, 170
- French Quarter Skillet Chicken, 154
- Fresh Baby Spinach Quick Sauté, 42
- fried chicken, 32, 66, 80
- fried food, 44
- Friends of Germaine Wells Traditional French Quarter Easter Parade, 137
- fries, 39, 80
- frozen foods, 203
- fruit juices, 129
- fruits, 134
- Fuchs, Karl-Josef, 33
- Funky Meters, 188

- funnel cakes, 80
- GAIA Foundation, 176
- garlic, 227
- gas, 132
- Gates Foundation, Bill and Melinda, 177
- genetic factors, 53
- genetic modification, 175-77
- Germans, 230
- gin, 183
- glucagon, 134, 142
- glucose, 124-25, 129, 133
- glycemic index, 28, 132, 134-35, 196, 198
- glycerol, 91
- glycogen, 124
- go cup, 117
- Go Fourth on the River, 233
- Good Friday, 165
- good (HDL) cholesterol, 98, 100
- governmental dietary guidelines, 203
- Graham, Sylvester, 127
- graham cracker, 127
- grains, 141
- Grandma's Roasted Chicken, 249
- grapes, 180
- graveyard, 256
- Great Fire of 1788, 165
- Great Green Pea Soup, 263
- green teas, 209
- grillades and grits, 69
- Grilled Bobwhite Quail with Wild-Rice Dressing and Port-Fig Reduction, 282
- Grilled Chicken with Celery-Leaf Salad, 156
- Grilled Redfish and Grilled Corn Vinaigrette, 168
- Grilled Tomato Vinaigrette, 175
- gris-gris, 25
- ground turkey, 159
- grouper, 144
- gumbo, 61
- Hackberry Ramblers, 170
- Haiti, 144
- Half-Fast Walking Club, 78
- Halloween, 256
- Ham Stock, 75, 266
- hamburgers, 32-33, 46
- happiness, 291
- Harvard Nurses Study, 236
- Harvard School of Public Health, 198, 207
- haunted houses, 166
- healing responses, 141
- heart disease, 97
- heart healthy, 128
- heavy metals, 143-45
- herbal medicines, 223, 253
- herbal teas, 209
- high blood pressure, 32
- high-density cholesterol, 201
- high-fat variation diets, 194
- high-fat/low-carb, 193
- high-fructose corn sweetener, 39, 129
- high-protein consumption, 142, 197
- home-cooked meals, 39-40, 286
- Home-on-the-Range-Style Barbecue, 76
- Hondurans, 230
- hormones, 143-44, 215
- Hot Walnut Broccoli, 30
- Houma Indians, 78
- how to peel tomatoes, 70
- Huckabee, Mike, 237
- hydration, 227, 243
- hydrogenation, 100
- hyperactivity, 47
- Iberville, Pierre Le Moyne, Sieur d', 59
- iced tea, 209
- immune system function, 215, 291

- inactivity, 49
 inflammation, 96
 insulin, 81, 124-26, 129-30, 197
 insulin resistance, 81, 86
 Integrated Somatics, 255
 integrative medical approaches, 253
 intestinal bacteria, 132
 irradiation, 177
 irritable bowel syndrome, 132
 isoflavones, 214
 Italians, 230
- Jackson, Andrew, 165
 Jackson Square, 137
 jambalaya, 113
 Jazz Fest, 187-88, 193
 jazz funeral, 250
 Jewish festivals, 181
 Jim Core's Heirloom Tomato Salad,
 169
 Jimmy LaRocca's Original
 Dixieland Jazz Band, 170
 jogging, 236
 Johnson, Steven, 235
 joint problem, 55
*Journal of the American Medical
 Association*, 156, 254
- Kern, Blaine, 277
 Keys, Ansel, 96, 198, 203
 kidneys, 142
 king cake, 25
 King of Carnival, 78
 kitchens can be dangerous, 291
 Knight, Gladys, 188
 knives, 289-90
 kosher wine, 181
 K-Paul's Louisiana Kitchen, 247
 Krewe of Shangri-La, 59, 276
- La Salle, Robert Cavelier, Sieur de,
 165
- lactose intolerance, 35, 201
 Lafitte, Jean, 189
 Lafitte's Blacksmith Shop, 165
 Lagasse, Emeril, 80, 287
 lamb, 155
 Lappé, Frances Moore, 141
 Latino, 230
 laughter, 251-52, 291
 Lazarus, Edward, 26
 lean muscle, 81, 130, 236
 learning ability, 55
 Lee, Harry, 86
 Lent, 80, 89, 103, 114, 140
 lettuce, 170-71
 Light Red Beans and Rice, 63
 liver, 97, 124, 142
 LL Cool J, 188
 Lonatro, Mary Katherine, 59, 276
 longevity, 245
 Louise S. McGehee School, 129
 Louisiana Creole and Cajun cui-
 sine, 33
 low-carb diet, 196-97
 Lower French Quarter Grillades, 69
 Lower-Fat Carrot Cake, 269
 low-fat diets, 195, 197, 201
 Low-Fat Panna Cotta, 48
 Low-Fat Red Beans and Rice, 169
 Low-Fat Vegetable Risotto, 122
 Low-Sodium Creole Oven-Fried
 Chicken, 248
 Lucien Barbarin and His
 Traditional Jazz Band, 170
 Lucky Dogs, 80
 lunch, 39
 Lundi Gras, 69
 lung function, 181
- Macque Choux with Crab and
 Lemonfish, 110
 macular degeneration, 217-18
 major muscle groups, 242

- Mardi Gras, 26, 59-61, 80
 Mardi Gras breakfast, 69
 Mardi Gras Indians, 78
 margarine, 100, 201, 203
 Marinated Mushrooms, 268
 Martin, Ti, 285, 287
 martini, 183
 massage, 253, 255
 Maumenee, Ed, 209
 McGovern, George, 203
 McLaren, Christopher, 214
 meditation, 253
 Mediterranean Diet, 198
 memory, 226
 Mendez, Cristobel, 239
 mercury, 144
 metabolic diseases, 53
 metabolic rate, 83
 metabolic syndrome, 32, 57, 81, 86
 metabolism, 49-50, 53, 83, 86, 125
 methyl-mercury-contaminated fish, 201
 Meyer, Richard, 236
 micronutrients, 209, 214, 216-17, 222
 milk, 45
 minerals for best health and long life, 225
 Mistick Krewe of Comus, 78
 moderation, 44, 46, 181
 monounsaturated fats, 86
 Mukiibi, Joseph, 177
 muscles, 83, 124, 234
 My Favorite Cannoli, 47
- National Football League, 242
 National Institutes of Health, 217
 Native Americans, 261
 natural, 45
 Natural Resources Defense Council, 208
 Never-Fail Rice, 134
 Neville Brothers, 188
- New Orleans Program, 52, 54-58, 61, 82, 85, 130-31, 143, 180, 183, 234, 237-44, 251-52, 272-73, 286, 291
 New Orleans Program Fried Chicken, 67
 New Orleans Saints, 145, 159
 New Orleans Wine and Food Experience, 185
New Yorker, 251, 290
 Newsome's Zinc Hypothesis, 219
 Nidtech, Jean, 203
 Nonfat Oven-Fried Chicken, 68
 Nonfat Salad Dressing, 174
 nonstick coatings, 290
 nutritional eye supplements, 219
- obesity, 25, 30-32, 49-50, 52-53, 55-56, 81-82, 84, 86-87, 203
 Octavio, Mary Ann, 274
 Odwalla, 129
 oils stored in seeds, 118
 Okinawa Program, 198-99
 okra, 45
 Okra a la Creole, 281
 Old Ursuline Convent, 165
 olive oil, 86, 100, 159, 203
 Olympia Brass Band, 170
 Omega-3 fatty acids, 92, 94, 98, 101-3, 220
 Omega-6 fatty acids, 92, 94, 99, 102
 Omega-7s, 99
 Omega-9 fatty acids, 92, 94, 99, 102
 omnivores, 143
 orange juice, 128
 organic, 45, 177-79
 Ornish, Dean, 195, 197-98
 Orpheus, 69, 79
 ostrich, 153
 Owens, Chris, 140
 oxidative free radicals, 215
 Oyster Dressing, 260

- Oyster Stew, 146
 Oyster-Leek Bake, 107
 oysters bordelaise, 114
- packaged foods, 39
 paella, 45
 Panara, Diana, 255
 pancreas, 142
 Pan-Roasted Bass Over Celery-Root
 Puree and Celery Salad, 210
 Parsley Dressing, 173
 partial hydrogenation, 99
 Passover, 140
 pasta, 45
 Pasta with Five-Minute Tomato
 Sauce, 119
 pasteurized, 129
 Patout, Alex, 80, 185
 Payton, Nicholas, 188
 Perell, Joni, 253
 Perfect Potato Chips, 109
 pesticides, 177, 179-80
 Pet de Kat Krewe, 187
 Pfister Sisters, 170
 pharmaceuticals, 227
 phenols, 181
 Phunny Phorthy Phellows, 25
 Picnic Snacks, 232
 Pigeon, Dean, 145, 159-61
 Pizza, 41
 pizza slices, 32
 plasticizers, 208
 po' boys, 44, 80
 Pomegranate Arnold Palmer, 232
 pommes soufflé, 103
 Pontalba, Micaela de, 165
 Pope Gregory, 77
 Popeye's, 67
 pork, 199
 portion size, 198
 potato, 46
 potlikker, 46
- Prasad, Anan, 217-18
 prayer, 253
 pregnancy, 26, 43, 141, 196
 Presidential Council on Physical
 Fitness, 243
 prevention, 58
Prevention magazine, 179
 Pritikin, 89, 197
 processed foods, 129
 processed oils, 100
 protein, 90, 140-42, 201
 protein intake, 142-43
 Prudhomme, Chef Paul, 85-86, 247,
 287
 Prudhomme, Kay Heinrichs, 247
 Pumpkin Truffle Soup, 263
- Quick Broiled Chicken Fingers, 231
 Quick Fresh Corn Macque Choux,
 111
 Quick Turkey Chili, New Orleans
 Program Style, 162
 Quick-Grilled Salmon, New Orleans
 Program Style, 109
 quiet time, 253-54
- Raisin-Pecan Chill, 48
 rapid boiling, 28
 raw oysters, 61
 raw vegetables, 200
 reasoning, 226
 recommended daily amounts, 222
 red beans and rice, 117
 Red Hot Blues Mamas, 170
 red meat, 216
 red wines, 181
 refined carbohydrates, 39, 126
 refined flour, 127
 refined sugar, 36
 refined sweeteners, 36
 remoulade, 61
 reparative enzyme activities, 215

- resistance exercises, 241-42
- Restaurant August, 33
- Restaurant Chipotle, 153
- Restaurant La Panisse, 35
- Reveillon, 279
- Rex, 78
- rice, 46
- Rice, Anne, 117, 256
- Riddle, Hil, 140
- Riesling, 183
- road rage, 254
- roast beef, 61
- Roast Duck, 258
- Rockefeller Foundation, 177
- Rockin' Dopsie, Jr., and Zydeco Twisters, 188
- Rodale, J. I., 179
- Rojas, Andres Almonaster, 165
- Romanoff, Grand Duke Alexis, 78
- Ronnie Magri's Shim Sham Review Band, 170
- Roux, 71
- Ryan, Nolan, 102

- salad, 45
- salad dressing, 172
- salad greens, 175
- Salad of Organic Greens, Cane-Syrup Vinaigrette, and Spiced Nuts, 172
- salt, 39, 158
- Satchmo Summer Fest, 230
- SATs, 37, 133
- satsuma, 129
- saturated fats, 97, 126, 204
- saturated fatty acids, 91, 95-96
- Save Our Cemeteries, 256
- Scallops Granny, 150
- Schoen's Funeral Home, 247
- school cafeterias, 34
- school-age children, 30
- Sea Scallops with Squash Sauce, 151

- Seasoned Couscous, 123
- Second Battle of New Orleans, 166
- second-line dancing, 26, 250
- self-esteem, 54
- sex, 271, 273
- sex glands, 97
- Shakespeare, Richard, 274
- Shrimp and Chicken Jambalaya, 62
- Shrimp Casbarian, 152
- Shrimp Stir-Fry, 111
- simple carbohydrates, 130
- snacking, 31, 84, 204
- soft drinks, 30, 129
- solar power, 118
- Sonnier, Greg, 204
- Sothorn, Melinda, 32, 55, 237
- Soup of Local Melon and Champagne, 184
- Soupe de Poisson with Spicy Rouille, 280
- South Beach Diet, 194, 196
- soy nuts, 220
- soybean oil, 100
- Spaghetti with Turkey Meatballs, 161
- speedy cleanup, 286
- Speights, Marty and David, 276
- Spicy Roast Pork Jean Lafitte Style with Barataria Sauce, 190
- Spicy Spinach Salad Dressing, 173
- spiritual nurture, 45, 250-51, 253, 255-56, 272
- St. George's Episcopal Church, 214
- St. Joseph's altars, 115
- St. Louis Cathedral, 137
- starches, 118, 124
- statins, 227
- steaming, 28
- Steve Riley and the Mamou Playboys, 170
- Stewed Strawberries and Angel-Food Shortcake, 112

- stock preparation, 265
- strength training, 237
- stress, 244, 252, 271, 291
- stretching, 241
- sugar, 47, 118
- Sugar Busters!, 197
- sugar high, 46-47, 130
- sugar substitutes, 131
- sugar traps, 128
- sulforaphane, 29
- summer traditions, 229
- super krewes, 79
- superfad diets, 193
- supplements, 216, 223, 226
- surgery, 141
- sweet potato, 46
- Sweet-Potato Souffle, 270

- Tastee Donuts, 197
- Tasty, Low-Fat, All-American Hamburgers, 33
- tears, 219
- Teflon, 290
- Tennyson, Laura, 273, 275
- Thanksgiving, 257, 273
- Thomas, Maryflyn, 233-34, 237, 275
- Thompson, Tommy, 179
- Tipitina's Bar, 80
- toasts, 271
- tomato sandwich, 135
- Tomato Sauce, 75
- tomatoes, 45, 290
- tongs, 290
- toxic "baggage," 143
- Trader Joe's, 153
- trans fats, 67, 96, 98-101, 197, 201
- triglycerides, 100, 201
- Trim Kids*, 55
- tropical oils, 96
- tur-duck-en, 257
- turkey, 259

- TV, 49-50, 58, 129
- TV dinners, 203
- Twelfth Night, 77
- Twelfth Night Revelers, 25
- Type II diabetes, 81, 86, 203

- Uganda's National Agricultural Research Organization, 177
- Unangst, Dickie, 185
- United States Department of Agriculture, 127
- unsalted butter, 114
- unsaturated fatty acids, 91
- Uptown, 78
- USDA Food Guide Pyramid, 127

- variety of fresh food, 227
- Veal Pané Over Heirloom Tomatoes, 138
- vegan, 41, 141, 156
- vegetable oils, 99
- Vegetable Soup with Basil and Garlic, 262
- Vegetable Stock, 267
- vegetables, 46, 61, 200
- vegetarian, 41, 141, 156
- venison, 153
- Verdigem, Peter, 222
- Vietnamese, 230
- Vieux Carré, 78, 166
- vinegar, 134
- visceral fat, 81-82
- visual perception, 226
- vitamin E, 201
- vitamins, 223
- vodkas, 183
- voodoo, 256

- waist measurements, 82
- wakes, 247-48
- walking, 236, 239
- walnuts, 216

- Waltzer, Miriam, 140
- water, 207-9
- Waters, Alice, 35
- Web site, 35
- weight swings, 85
- Weight Watchers, 203
- weight-bearing exercise, 237
- Wein, George, 187
- wellness, 85
- Wells, Germaine Cazenave, 137-40
- wet macular degeneration, 220
- “What America Eats” study, 90
- whey, 142
- white bread, 135
- white rice, 134
- white wine, 181
- whole foods, 41, 85, 216
- whole grains, 126, 132
- Whole-Grain Pasta Salad with Artichoke Vinaigrette and Grilled Chicken, 121
- Whole-Grain Pasta with Garden-Fresh Sauce, 120
- Wild Magnolia Mardi Gras Indians, 78, 188
- Wild-Rice Dressing, 258
- Willett, Walter C., 198, 207
- Wilmer Eye Institute at Johns Hopkins, 209
- wine, 180, 182-83
- Wine and Food Experience, 274
- xanthene group, 29
- Xavier University, 228
- Ya Ya Sol, 170
- yoga, 253
- zinc, 29, 216-20, 226-27
- Zion Harmonizers, 188
- Zone, 194
- Zulu, 78

