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Cookbooks Making You Fat?

<http://www.homeschoolfitnesscoach.com/blog/cookbooks-making-you-fat/>

I was reading a news article today that I just had to share with you. Apparently, it's not only restaurants that have blown up their portions. Cookbooks are jumping in also. A very popular cookbook has been supersizing portions since the 70's. Don't take my word for it. Read it here: http://news.yahoo.com/s/ap/20090217/ap_on_he_me/fat_recipes Portion distortion is a North American disease. Post from: Homeschool Fitness Coach

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