



# Culinary Intelligence: The Art of Eating Healthy (and Really Well)

*Peter Kaminsky*

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## **Culinary Intelligence: The Art of Eating Healthy (and Really Well)** Peter Kaminsky

Think before you eat \* Choose the best ingredients you can afford \* Understand flavor, and pack us much of it as you can into each bite

As an award-winning food writer, Peter Kaminsky was well acquainted with the occupational hazard of life as a professional eater. But when his health (and his waistline!) started to suffer, he began to re-think his approach to how and what he consumed. In *Culinary Intelligence*, his memoir and personal manifesto, Kaminsky explains his practical approach to losing weight: think *more* about food, rather than less. Here Kaminsky shows, with a hefty dose of humor, the way to better eating without sacrificing on pleasure.

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