



Nutrition For Dummies

By Carol Ann Rinzler

John Wiley Sons Inc, United States, 2016. Paperback. Book Condition: New. 6th Revised edition. 233 x 190 mm. Language: English . Brand New Book. Get the straight facts on nutrition, slim down, and feel great You ve been hearing it since you were a kid: You are what you eat. And this wise saying is true! Good nutrition is the key to achieving and maintaining healthy weight and lifelong good health no matter how you slice it. Nutrition For Dummies, 6th Edition is a one-size-fits-all guide to nutrition that shows you how to manage your diet so you get the most bang for your buck. This book gives you the know-how to put together a shopping list, prepare healthy foods, and easily cut calories. The latest edition of The Dietary Guidelines for Americans encourages individuals to eat a healthful diet one that focuses on foods and beverages that help achieve and maintain a healthy weight, promote health, and prevent chronic disease. This updated edition of Nutrition For Dummies reflects the latest suggested guidelines and details in plain English so you can incorporate these recommendations for living a nutritionally sound life. You ll get updated RDAs on vitamins and nutritional supplements;...

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