



Nutrition For Dummies

Nigel Denby, Sue Baic, Carol Ann Rinzler

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In this fully updated second edition, expert dieticians Sue Baic and Nigel Denby provide no-nonsense advice, equipping you with all the information you need to make informed decisions about your diet. The book acts as a sound reference point if you want to know the facts about food, and debunks the myths behind fad diets.

Nutrition For Dummies, 2nd Edition provides a detailed understanding of the nutritional breakdown of different food groups and examines the relationship food has with one's physical and mental wellbeing. The book also advises you on how to establish healthy eating patterns and how to maximise the health benefits of what you eat.

This new edition includes approx 20% new and updated material, including new chapters on nutrition in institutions and how to eat healthily on the go. New content also includes up-to-date health guidelines and government policies, information on probiotics and over the counter weight loss drugs, plus advice on how to eat well on a budget.

Nutrition For Dummies, 2nd Edition includes:

Part I: The Basic Facts about Nutrition

- Chapter 1: What's Nutrition, Anyway?
- Chapter 2: Digestion: The 24-Hour Food Factory
- Chapter 3: Why You Eat What You Eat and Like What You Like

Part II: What You Get from Food

- Chapter 4: Powerful Protein
- Chapter 5: The Lowdown on Fat and Cholesterol
- Chapter 6: Calories: The Energisers
- Chapter 7: Carbohydrates: A Complex Story
- Chapter 8: The Alcohol Truth: The Whole Truth
- Chapter 9: Vigorous Vitamins
- Chapter 10: Mighty Minerals
- Chapter 11: Phabulous Phytochemicals
- Chapter 12: Water Works

Part III: Healthy Eating

- Chapter 13: What Is a Healthy Diet?
- Chapter 14: Making Wise Food Choices
- Chapter 15 : Ensuring Good Nutrition Whoever You Are
- NEW!** Chapter 16: Eating in Institutions
- NEW!** Chapter 17: Being Nutritionally Savvy on the Go

Part IV: Processed Food

- Chapter 18: What Is Processed Food?
- Chapter 19: Cooking and Keeping Food
- Chapter 20: Weird Science: Examining Food Additives

Part V: Food and Health

Chapter 21: Food and Allergies

Chapter 22: Food and Mood

Chapter 23: Food and Medicine

Chapter 24: Food and Dietary Supplements

Part VI: The Part of Tens

Chapter 25: Ten Nutrition Web Sites You Can Trust

Chapter 26: Ten Superfoods

Chapter 27: Ten Fad Diets: The Truth Behind the Headlines

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Annette Puente:

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Mildred Kelly:

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Lorretta Cox:

A lot of people always spent their own free time to vacation or go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that's look different you can read a book. It is really fun in your case. If you enjoy the book that you just read you can spent all day every day to reading a guide. The book Nutrition For Dummies it is very good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore simply to read this book out of your smart phone. The price is not too costly but this book offers high quality.

Joel Newsom:

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