



The Nutrition Bible: The Comprehensive, No-Nonsense Guide To Foods, Nutrients, Additives, Preservatives, Pollutants And E

Jean Anderson, Barbara Deskins

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There's a lot more to a healthy diet than "eating right." *The Nutrition Bible* deciphers today's complex nutritional data from additives and antioxidants to vitamin supplements and genetically engineered food and debunks common nutrition myths. From Vitamin A to zingerone, the authors define and explain foods, nutrients, additives, pollutants, enzymes, hormones, and food-related diseases and deficiencies, and provide the latest nutritional information and dietary guidelines. At-a-glance charts supply nutrient counts for 1,500 major foods and beverages. This comprehensive volume also features slimmer versions of favorite recipes.

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