



What to Eat: The Ten Things You Really Need to Know to Eat Well and be Healthy (Paperback)

By Luise Light

McGraw-Hill Education - Europe, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. Eating for optimum health and longevity is easier--and tastier--than you ever imagined! With all the conflicting information about what and how to eat for good health, is it any wonder that the majority of us are both overweight and undernourished? In What to Eat, internationally respected nutrition expert Dr. Luise Light cuts through the confusion created by misleading advertising, fad diet doctors, and the big food lobbies to answer all your nutrition-related questions. Even more important, she arms you with a simple, research-based eating plan guaranteed to help you look and feel better than ever--without having to sacrifice taste or turn your life upside down. A no-nonsense nutrition guide, What to Eat supplies you with: Ten simple rules for healthy eating--customizable for your tastes and lifestyle A new, simplified food pyramid A step-by-step eating plan Guidelines for eating out Fast, easy, and delicious menus, meals, and recipes Surefire strategies for making kids want to eat healthy foods From her experiences inside the USDA, Dr. Light brings new insights on how powerful agricultural and political forces have created the recipe for our national diet. Readers...



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This ebook could be well worth a study, and superior to other. It really is basic but unexpected situations inside the 50 % of your ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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