

The Unofficial Guide to Smart Nutrition

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Abstrak

Everyone has heard that eating too much cholesterol and fat will lead to heart disease, that no matter how many diets Americans endure they are still overweight, that inappropriate food choices can lead to adult-onset diabetes, yet most people seem to have more and more difficulty meeting their bodies' nutritional needs. Clearly they are eating more, but they aren't eating smart. The Unofficial Guide to Smart Nutrition shows readers:

- * What the USDA Food Pyramid reveals -- and what it doesn't
- * Why frozen is better than canned but fresh is the best of all
- * What the food industry doesn't want you to know about luncheon meats
- * Why vitamin and mineral supplements can't rescue a poor diet
- * Which chemicals in food may cause illness, and how to avoid carcinogens
- * How to make a superior peanut butter and jelly sandwich