

**Making Everything Easier!™**

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**5th Edition**

# **Nutrition**

FOR

# **DUMMIES®**

## **Learn to:**

- Read and understand a nutrition facts label
- Determine which carbs and fats are "good" — and which are not
- Grasp the truth about vitamin supplements and energy drinks

**Carol Ann Rinzler**

*Noted authority on health and nutrition and  
author of *Controlling Cholesterol For Dummies**



Carol Ann Rinzler

## Nutrition For Dummies



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Get the reality on good nutrition, lose fat, and feel good You've been hearing it because you were just a little kid: "You are everything you eat. It shows you how to manage your daily diet so you get the most bang (nutrients) for your buck (calorie consumption) and provides you the skinny on how best to put together a healthy shopping list, how to prepare foods that are good for the body and soul, and ten easy ways to cut calories. Good nutrition is the crucial to achieving and maintaining a wholesome weight and lifelong good health? More than 20% fresh and updated information because of this edition, like the truth about feeding your brain, vitamin D health supplements, and energy drinks Coverage of the brand new 2010 Dietary Suggestions For Americans report Various other titles by Rinzler: Controlling Cholesterol For Dummies An apple a day may not necessarily keep carefully the doctor aside, but with the simple guidance of Nourishment For Dummies, you can be on your way to living a happier, healthier ever after. Nutrition For Dummies is certainly a one-size-fits-all guide to nourishment for anyone who may have fallen asleep in wellness class, wants to brush up on what they know, or is seeking to keep up-to-speed on the latest guidelines and analysis." But unlike most adages you've lengthy since debunked, this sensible saying is true!no matter how you slice it.



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Useful book Bought this copy to replace a mature edition that was dated. If you are not that alert to nutrition -- this book can help you. Good book - worthy of the amount of money. I miss some charts the other edition had but find this reserve useful and simple to understand for anyone. It is written for the person (like me) who must find out about nutrition. It's great to learn about vitamins, minerals, proteins etc.? :-) Five Stars A solid book full of good specifics and includes the most recent USDA guidelines. Very knowledgeable and complete Very complete and informative. Many informative book on nourishment I've ever read. A knowledge of chemistry will be helpful to the reader. How they work and why we need them. Great for people in Britain Sadly I had to return this purchase. The point is, it's not a bad 'beginner' read, but those looking for specifics regarding nutrition may want to look elsewhere. A lot of us don't even have a clue Full of details. It is an excellent book to possess as a resource and I want my family to eat well. PRETTY GOOD, Not Great This book begins with great information, but soon devolves right into a lesson in cooking and refrigeration. I was quite shocked by the emphasis the writer makes on consuming alcohol, it's actually even talked about as a "superfood"(! Perhaps they had to meet a page count? It certainly seems more like written by a doctor than a nutritionist. Resveratrol, for example, can easily be consumed from blueberries, that have a great deal of additional benefits. Alcoholic beverages has now shown to suppress the disease fighting capability, so it's amazing that it's been promoted as a brilliant food here. Five Stars good condition / easy to read and useful One Star I under no circumstances bought this book Fast delivery Good simple book, delivered as described Alcohol a superfood?? Really? This book can help me perform that.? It also downplays the benefits of veganism (the book means that it's difficult to be properly nurtured if you are vegan) and overstresses the benefits of known sources of poisons (like pork). It includes some fundamental, commonplace information about nutrition, but not really anything that you can't discover elsewhere on the web. When we learn more we end up changing our ways for the better.) You can not only live a perfectly good life without alcohol, but the so-called alcohol benefits can be acquired in many different ways, without the intoxication. All of the measurements are in grams, all the references are for societies and corporations in the UK. When you wouldn't think this might be annoying it had been. This publication takes the ultra-orthodox, medical-establishment position that says that it's irresponsible to use meals as medicine. This publication is for the folks in Britain. I believe this book is too bulky for exactly what it is. There's a full chapter dedicated to coffee, another beverage that you can easily live without.



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