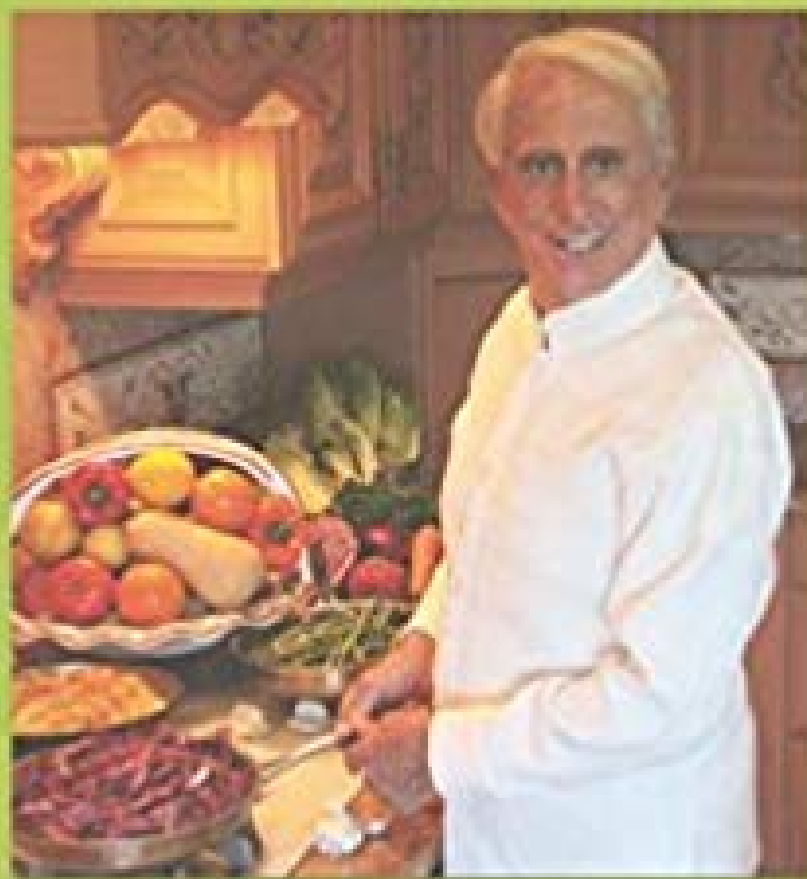


*Revised • Over 300 New Recipes*

# the world's healthiest foods

optimize your health with health-promoting  
superfoods and nutrient-rich cooking



*Award-Winning Author*

**George Mateljan**

*Second Edition*

*George Mateljan*

**World's Healthiest Foods, 2nd Edition: The Force For Change To Health-Promoting Foods and New Nutrient-Rich Cooking**



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Excellent Information but .. This book has a lot of information.. Once again, I haven't made it through the whole volume, but based on what I've noticed up to now, I am disappointed in the lack of care with proof-reading, especially for a second edition, and especially considering how long its printing was delayed from its originally-predicted printing date. I simply bought this second edition as something special for a member of family, and she was extremely excited to get it after seeing how useful it is to me. They are mainly grammatical errors, however in one case, one part of a vegetable's (green beans) section called the incorrect vegetable (broccoli) many times. The flimsy binding is quite unsatisfactory, and part of the issue, of course, may be the volume's size, that could be considerably decreased if the repetition in the quantity were reduced, which can be my second dislike. A Heavy Encyclopedia Which Should Be In Volumes. I would enthusiastically give it a "5" because of the info conveyed, but am downgrading my evaluation to a "4" (it would be a "3.5" if such a rating existed), in account of the following. (1) I've used it all for a relatively short time, and the binding is already coming apart. I'd punch holes in the webpages and put it right into a handful of binders, except there is no margin to allow for hole punching. I suppose I could put each page in a plastic sleeve, and put those in a number of binders, but just what a lot of work - it would be over 530 plastic material sleeves. I turn to it particularly for info on vegetables and their cooking techniques, though it addresses all other food groups. (2) Particularly for the vegetables section, which is the largest section (We don't know about the others), there can be an enormous amount of repetition from one item to the next. I realize he provides reason (in each and every item's section) - that he wants that food item's section to become "stand-alone". However, I read the complete section for every vegetable at least one time prior to using that vegetable, however when I read the same items repeatedly, it's irritating, because I'm actually just looking for info unique to that vegetable.. Most useful book for fresh or experienced cooks I bought the first edition of The World's Healthiest Foods a few months ago, and it is the most used and useful book on my kitchen shelf. (3) The relatively little percentage that I have thus far read comes with an unacceptable quantity of errors. He included a slip of paper apologizing for just one particular error (an omission of several lines on page 17), but I've find a number of other, smaller errors. A really valuable reference.. Regardless of these problems, I do just like the information and usefulness of the book overall, so won't be returning it. And that is confusing. Pleased customer I am so very pleased with my purchase! There exists a section explaining the nutritional needs and features of our cells, one on developing meal plans for healthful eating, one on vitamins and minerals - their resources and function, along with co-vitamins and minerals essential to accomplish their function in the body. Then there will be the actual food web pages: each food includes a page explaining the meals itself and its various forms, how exactly to buy, shop, and cook, a page charting All of the nutrient articles (includes all the things not found on meals info labels), along with several health factors (its benefits, any potential adverse effects, such as allergies, and when it could be contraindicated); and finally a full page with a recipe and variants on the recipe. There are simply therefore many gems in this book, that I have probably overlooked some. !Not IN A SINGLE Large Book Just an encyclopedia compiled over a life and too large to read and be relaxed... Great Work The best I've read in every of my years of study on nutrition and healing with foods for your body in a single book thanks for all your many years of wisdom & understanding . But actually I couldn't go wrong with the simple directions. Sometimes I've read some info for a vegetable, and the wording helps it be seem like it's specific for that one vegetable, only to run into the same thing for another vegetable, so after that must conclude it's general info for vegetables, not really a specific one. .. Everything You Want to learn about Nutrition The only research/cookbook you will ever need! . . . " but usually do not give a source, Mateljan lists the research performed on each nutrient, allowing us to do further study of those that curiosity us the most. There is no faith healing here, but nutrition assistance backed by research that people can use to greatly help ourselves stay healthy. ... Up-to-date and wonderfully written, durable large paperback that will withstand many years of handling. grains, etc. Even better, there's a one-page Table of Contents immediately in the

cover. YOU WILL NOT BE DISAPPOINTED. The quality recipes are all winners especially those featuring 5-, 7- and 10-minute dishes which certainly take no longer than advertised. I was an inexperienced and unenthusiastic cook when I was pressured into survival mode after my partner took a two-month cross country cycling trip. I am 82 so that it is never too old to learn While other nutrition books often state "Studies also show. Don't desire to sound immodest but, hey, I could hold my own with anyone when this book is on my kitchen counter. One trivial stage: The 2nd edition leaves out some wonderful, succinct alternative quality recipes from the very first edition. Amazing and interesting compiled by a nutrition-oriented highly knowledgeable professional. That observed, it is an excellent improvement over the 1st edition although I originally kept off buying it as I experienced doubted that may be possible. It's a big reserve and can take us awhile to . Highly recommended. Up-to-date and wonderfully written, durable huge paperback that may withstand many . While other nutrition books often state "Studies show . Should have can be found in volumes. I could not believe the sheer volume of this book. The color coded page sheets, the instructions, on how best to handle, shop & ready your foods. The info, the nutritional value of your food. If you want to find the most bang for your buck while you nourish you to ultimately health, this is worth every penny.. Menus. breeze to navigate with the help of color-coded sections like vegetables, seafood Encyclopedic in its scope and details yet a breeze to navigate by using color-coded sections like vegetables, seafood, nuts & I've numerous cookbooks. Like the benefits of dandelion greens, sunchokes, watercress, etc. This is my FAVORITE by far All you could ever want to know about healthy food from selecting, storing, optimal ways to prepare,nutritional content... it goes on and on. Wish it had more info Good book with plenty of information, but I feel it should have significantly more in it. This is the best by far. His dishes are basic geared at optimizing dietary content. In case you are into consuming wisely this book is for you. Diet charts abound and there exists a cogent review of various "health-protective nutrients" in the concluding section. It will be your go-to partner for healthy, easy, quick, and enjoyable meals... It's a big book and will take us awhile to get through it. Plenty of simple information and quality recipes. and they are happy with it This was something special for friends, and they are happy with it. I have a copy a couple of years old, and I really like it too. Each section of the publication has complete and very easily understood explanations of how to buy, store and prepare the foods that are most easily accessible year-round and world-wide.! I am one happy customer! Just buy the book! For simple meals, it has changed how I prepare foods to be able to maximize both flavor and nutritional advantage..! You will not be sorry!. The publication is mainly lists of information about foods plus some of the info already must be updated.. Possibly an effort to keep the size down as it is indeed voluminous. I purchased 5 books for family members.



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