



Encyclopedia of Foods: A Guide to Healthy Nutrition

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Encyclopedia of Foods: A Guide to Healthy Nutrition From Academic Press

The *Encyclopedia of Foods: A Guide to Healthy Nutrition* is a definitive resource for what to eat for maximum health as detailed by medical and nutritional experts. This book makes the connection between health, disease, and the food we eat.

The *Encyclopedia* describes more than 140 foods, providing information on their history, nutrient content, and medical uses.

The *Encyclopedia* also describes the "fit kitchen", including the latest in food safety, equipment and utensils for preparing fit foods, and ways to modify favorite recipes to ensure health and taste.

- Details healthy eating guidelines based on the RDA food pyramid
- Provides scientific basis and knowledge for specific recommendations
- Beautifully illustrated
- Extensive list of reliable nutrition resources
- Describes the fit kitchen from the latest in food safety to equipment and utensils for preparing fit foods to ways to modify favorite recipes to ensure health and taste

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Daniel Young:

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