



Nutrition For Dummies

By Carol Ann Rinzler

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Nutrition For Dummies By Carol Ann Rinzler

Get the straight facts on nutrition, slim down, and feel great

You've been hearing it since you were a kid: "You are what you eat." And this wise saying is true! Good nutrition is the key to achieving and maintaining healthy weight and lifelong good health—no matter how you slice it. *Nutrition For Dummies*, 6th Edition is a one-size-fits-all guide to nutrition that shows you how to manage your diet so you get the most bang for your buck. This book gives you the know-how to put together a shopping list, prepare healthy foods, and easily cut calories.

The latest edition of *The Dietary Guidelines for Americans* encourages individuals to eat a healthful diet—one that focuses on foods and beverages that help achieve and maintain a healthy weight, promote health, and prevent chronic disease. This updated edition of *Nutrition For Dummies* reflects the latest suggested guidelines and details in plain English so you can incorporate these recommendations for living a nutritionally sound life. You'll get updated RDAs on vitamins and nutritional supplements; find out why you should eat more fruits, vegetables, nuts, whole grains, and other plant-based foods; understand the importance of cholesterol for brain health; get the latest information on obesity; and more.

- Decipher the latest nutrition facts, labels, and guidelines
- Understand why sugar is the most controversial subject in diet today
- Grasp the truth about vitamin supplements and energy drinks
- Make informed decisions about your own nutrition choices

An apple a day may not necessarily keep the doctor away, but with the simple guidance of *Nutrition For Dummies*, 6th Edition you can be on your way to living a happier, healthier, and longer life.

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Editorial Review

From the Author

Carol Ann Rinzler is the author of more than twenty books on health and medicine, including *Nutrition For Dummies*, an international bestseller translated into fourteen languages that led to a stint as nutrition columnist for the *New York Daily News*. Rinzler's award-winning *Estrogen and Breast Cancer: A warning for women* (1993, 1995) was among the first to document the link between hormone therapy and an increased risk of breast tumors. Her four books in the *Dummies* series (*Nutrition plus Controlling Cholesterol*, *Weight Loss*, and *Heartburn and Reflux*) make complex medical facts and figures accessible to the general reader. As for her own reading, she says that "as a writer who specializes in medical subjects, my absolutely favorite books are my almost-complete sets of the *Merck Manual* and the *Merck Index*. This wonderful collection is an extraordinary record of the history of illness and orthodox treatment in the United States that makes it possible to track the evolving diagnosis, description and treatment of a disease or condition over more than a century. For example, in one chapter of my new book, *Leonardo's Foot*, I was able to use the *Manuals* to show the changes in how people regarded and treated flatfoot, a seemingly non-controversial deformity once used to identify those believed to be Devil's disciples. I am still searching for the second edition of the *Manual*, published in 1901. Alas, each new volume in the series was so widely available that doctors simply tossed out the old one when the latest one appeared."

From the Back Cover

Put the latest dietary guidelines into action

Decipher the all-important food label

Prevent and manage today's health concerns

Feel great and get the facts on nutrition

Good nutrition is the key to a healthy weight and lifelong good health—no matter how you slice it. This all-encompassing, updated guide shows you how to manage your diet, put together a nutritious shopping list, prepare healthy foods, and easily cut calories. You are what you eat—so get ready to eat your way to good health!

Inside...

- Make wise food choices
- Balance hunger and appetite
- Maintain a healthy weight
- Choose the best carbs
- Get the real lowdown on sugar
- Prevent chronic disease

About the Author

Carol Ann Rinzler is the author of more than 20 books on food and health, a contributor to publications including "*The New York Times*" and a former nutrition columnist for the "*New York Daily News*."

Praise for *Leonardo's Foot*

A Selection of the *Scientific American*, *History*, *BOMC2*, *Quality Paperback* and *Military Book Clubs*

Except for putting on socks and shoes or trimming toenails, people pay little attention to their feet. After all, feet are the furthest anatomical thing from the mind--literally. Health writer Rinzler lifts the lowly human foot to new heights in this appealing book....Leonardo da Vinci wrote, "The human foot is a masterpiece of engineering and a work of art." He got that right. -*Booklist*, (*American Library Association*)

Our reviewer declared that this book represents some of the best writing about science for the non-scientist that he has encountered in recent years. The focus, of course, is the foot and the author provides an impressive array of facts, figures and stories about it, along with a great deal of history, etymology and cultural perspective. --*American Association for the Advancement of Science*

"Rinzler clearly enjoyed researching her subject and can't stop herself from going on interesting digressions, often bringing up one or two mostly unrelated topics within the course of a paragraph. She's at her best when discussing medical history and etymology." -- *Library Journal*

Users Review

From reader reviews:

Miguel Philip:

What do you think about book? It is just for students because they are still students or the item for all people in the world, the actual best subject for that? Just you can be answered for that problem above. Every person has distinct personality and hobby for each and every other. Don't to be forced someone or something that they don't need do that. You must know how great as well as important the book *Nutrition For Dummies*. All type of book could you see on many options. You can look for the internet sources or other social media.

Marilyn Chambers:

This *Nutrition For Dummies* is great publication for you because the content which is full of information for you who all always deal with world and have to make decision every minute. That book reveal it information accurately using great plan word or we can say no rambling sentences within it. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only provides you with straight forward sentences but hard core information with beautiful delivering sentences. Having *Nutrition For Dummies* in your hand like getting the world in your arm, details in it is not ridiculous 1. We can say that no book that offer you world within ten or fifteen minute right but this e-book already do that. So , it is good reading book. Hello Mr. and Mrs. occupied do you still doubt that?

Arthur Johnson:

Is it you who having spare time in that case spend it whole day by means of watching television programs or

just resting on the bed? Do you need something new? This Nutrition For Dummies can be the solution, oh how comes? The new book you know. You are consequently out of date, spending your extra time by reading in this brand new era is common not a geek activity. So what these textbooks have than the others?

Edward Davidson:

What is your hobby? Have you heard this question when you got pupils? We believe that that question was given by teacher with their students. Many kinds of hobby, All people has different hobby. And you know that little person like reading or as reading become their hobby. You should know that reading is very important along with book as to be the factor. Book is important thing to add you knowledge, except your own personal teacher or lecturer. You see good news or update in relation to something by book. Amount types of books that can you choose to adopt be your object. One of them is Nutrition For Dummies.

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