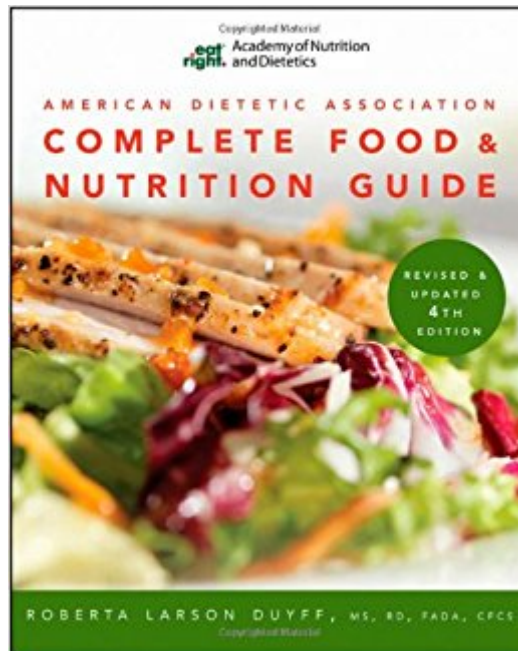


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# American Dietetic Association Complete Food And Nutrition Guide, Revised And Updated 4th Edition



## Synopsis

The new edition of the ADA's flagship food and nutrition guide is updated based on the very latest Dietary Guidelines for Americans. With over 200,000 copies sold in all editions, this award-winning resource from the world's leading authority on food and nutrition is packed with the latest healthy eating advice for those at every age and stage of life. In this completely revised and updated new edition, you'll find up-to-date, evidence-based, practical answers for your many food and nutrition questions. This cornerstone guide from the American Dietetic Association, written by nationally recognized food and nutrition expert and registered dietitian Roberta Duyff, covers the basics on nutrition, managing weight, and healthy eating. It also provides easy steps and how-tos for selecting, preparing, and storing foods safely to get the most nutrition and flavor for your dollar, and more. Comprehensive, accessible, and easy-to-use, this valuable reference shows how to make healthy food choices to fit any lifestyle. How to put the the very latest Dietary Guidelines for Americans on food choices and physical activity into action Latest guidance to prevent and manage today's health concerns, such as heart disease, diabetes, cancer, food allergies, gluten intolerance, lactose intolerance, and many others Simple, practical tips and flexible food and nutrition skills that suit your needs and lifestyle with ways to apply advice from USDA's MyPlate Advice for healthy nutrition, eating, and cooking across the lifespan Covers vegetarian eating, healthy restaurant options, culinary nutrition and skills, healthy weight, nutrition supplements, and more Interactive self-checks and websites to help you assess your own food choices and take steps to healthy eating

## Book Information

Series: American Dietetic Association

Paperback: 720 pages

Publisher: Houghton Mifflin Harcourt; 4th, Revised and Updated Edition edition (February 3, 2012)

Language: English

ISBN-10: 0470912073

ISBN-13: 978-0470912072

Product Dimensions: 8.1 x 1.5 x 10 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (41 customer reviews)

Best Sellers Rank: #41,447 in Books (See Top 100 in Books) #66 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #495 in Books > Health, Fitness & Dieting >

## Customer Reviews

I will graduate from a Dietetics program in April this year and I have loved having this book as a quick reference. It has a lot of good information and it is written in a way that is much easier to understand than a lot of nutrition text books. This is a book I love to look at if I want a brief overview of a concept before reading more in depth. I would highly recommend this book to anyone interested in nutrition.

to start with am a nutrition student and this is by far the best BASIC nutrition book that i ever read, this book is for people who want to start with nutrition from zero as it includes the general and most (want-to-know) information about nutrition like (what is carbohydrate? protein, fat,potassium...how they work in your body, their food sources and much more )simply it includes information that will make everything easier later on so if you are like me asking for basic nutrition than go for it you will never regret it..

This information- rich work is based on U.S. guidelines for healthy- eating. It presents the conventional health wisdom which will already be known by health- interested readers. But it does this in such great detail that most readers will learn from the work, and have ways of improving their health.A valuable reference work.

This is like an encyclopedia--set up to check your topic out from either the table of contents or the index. Well researched.Only part I dislike is the small print and flimsy nature of the book itself.

When a friend wanted to learn more about good nutrition, I turned to the experts at the American Dietetic Association. The book is written by nutrition professionals for the public. Every home should have one...

Great! Favorite general nutrition book on the market! As a dietitian, I recommend this book to consumers all the time. Easy to understand and scientifically sound.

loved the book. i got it because i just started retirement this year. i drove truck for over 40 years and needed a changeof life.i read alot of smart books and always liked to eat well.this book helped me

eat my way to a better life. i could not find any thing wrong,it was a used book, but i could not see any difference. for anyone who is looking for a better life get this book.up date on the book i got a few months ago, I lost 20 lbs.and feel better inside andout.when you get this book do what it says to do.if not,then there only words give it a try and dont give up peace, sonny

It's a amazing book. It manages to cover so many different nutrition questions/topics in an easy-to-read format. And some how they make it fun and interesting too! Written by true nutrition experts. Nutrition information I can trust.

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