



# Encyclopedia of Foods: A Guide to Healthy Nutrition

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## Encyclopedia of Foods: A Guide to Healthy Nutrition

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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