

The Comprehensive, No-Nonsense
Guide to Foods, Nutrients, Additives,
Preservatives, Pollutants and
Everything Else We Eat and Drink

The

Nutrition Bible



Straight answers to complex questions based on up-to-the-minute research ☺ More than 5,000 entries from A, Vitamin, to Zingerone (additive) ☺ Nutrient counts for more than 1,500 major foods and beverages ♡ Recommended Dietary Allowances (RDAs) for essential vitamins and minerals and the best foods for getting them ☺ 50 slimmed-down recipes from Boston baked beans to oven-fried chicken ☺ How diet and nutrition can affect, reverse or cause diseases, disorders and deficiencies

Jean Anderson, M.S., and
Barbara Deskins, Ph.D., R.D.

Nutrition Bible The Comprehensive No Non

Yijin Wang



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