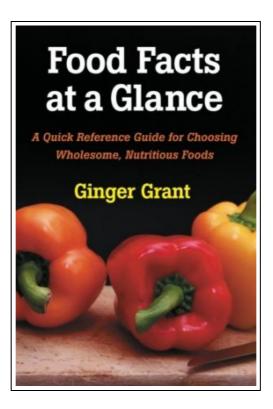
Food Facts at a Glance (Paperback)



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Reviews

Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication. (Shayne O'Conner)

FOOD FACTS AT A GLANCE (PAPERBACK)



GG Publications, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. It s all here! -Food facts presented in lists, charts, tables and illustrations so you can quickly find what you want to know about healthy, nutritious, foods that you can add to your diet easily, without having to change the way you cook and shop. Ginger Grant has compiled comprehensive lists of sources of fiber, antioxidants, B vitamins, calcium, and all those other important constituents of good foods that help keep us healthy and functioning at our best. Useful lists of nutrients like antioxidants and fiber that often appear in newspapers and magazines, and on the Web, are here, in one easy-touse handbook! Have you been thinking about improving your diet, cutting back on prepared food, experimenting in the kitchen a bit more? This is the guide that can help you get started. You II find dozens of tips for adding fresh whole foods to your menus, and for cooking a variety of vegetables and grains you don t find in fast food restaurants. In this book you can find * answers to questions that come up daily about how to exchange fresh, whole foods for processed foods; * complete information about vitamins and minerals in easy-to-read table format-how much you need and where to get it; * simple explanations of concepts referred to constantly in the media-like your BMI, the glycemic index, omega 3 s--in just a few short sentences. What you will find is easy-to-access information that will help you decide what foods to try, what recipes to experiment with. FOOD FACTS AT A GLANCE is chock full of useful information, presented succinctly, without any opinions about what works best. Our bodies handle food very differently. Different strategies for...

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