



Nutrition For Dummies

Carol Ann Rinzler

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You've been hearing it since you were a little kid: "You are what you eat." But unlike most of the adages you've long since debunked, this wise saying is true! Good nutrition is the key to achieving and maintaining a healthy weight and lifelong good health—no matter how you slice it.

This edition of *Nutrition for Dummies* has been updated with the latest revisions of the Dietary Guidelines for Americans, new recommended daily allowances for all the nutrients a healthy body needs, plus the real low-down on all the conflicting opinions about vitamins and minerals, protein, fats, and carbs. You'll discover how to:

- Interpret nutrition labels
- Prepare delicious, healthy meals
- Keep nutrients in food, even after cooking
- Eat smart when eating out
- Evaluate dietary supplements

Nutrition for Dummies, Fourth Edition, is a one-size-fits-all guide to nutrition for anyone who may have fallen asleep in health class, wants to brush up on what they already know, or is looking to keep up-to-speed on all the latest guidelines and research. It shows you how to manage your diet so you can get the most bang (nutrients) for your buck (calories) and gives you the skinny on how to put together a healthy shopping list, how to prepare foods that are good for the body and the soul, and ten easy ways you can cut calories.

An apple a day may not necessarily keep the doctor away, but with the simple guidance of *Nutrition for Dummies*, you can live happily—and healthily—ever after.

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