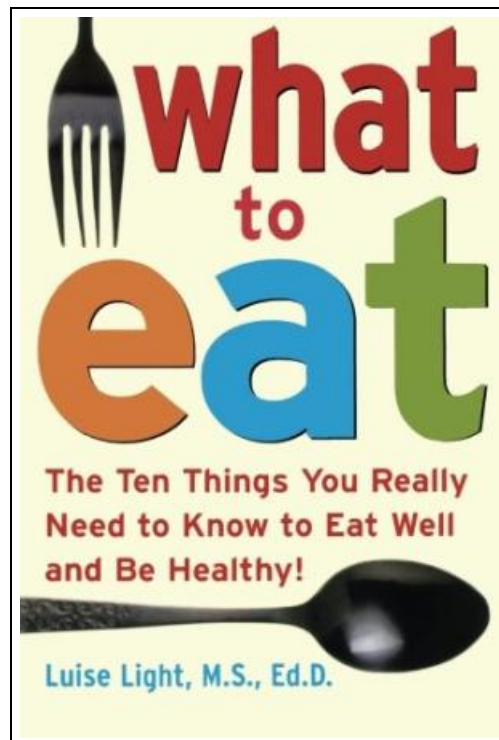


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(Prof. Nelson Farrell MD)

WHAT TO EAT: THE TEN THINGS YOU REALLY NEED TO KNOW TO EAT WELL AND BE HEALTHY (PAPERBACK)



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McGraw-Hill Education - Europe, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. Eating for optimum health and longevity is easier--and tastier--than you ever imagined! With all the conflicting information about what and how to eat for good health, is it any wonder that the majority of us are both overweight and undernourished? In *What to Eat*, internationally respected nutrition expert Dr. Luise Light cuts through the confusion created by misleading advertising, fad diet doctors, and the big food lobbies to answer all your nutrition-related questions. Even more important, she arms you with a simple, research-based eating plan guaranteed to help you look and feel better than ever--without having to sacrifice taste or turn your life upside down. A no-nonsense nutrition guide, *What to Eat* supplies you with: Ten simple rules for healthy eating--customizable for your tastes and lifestyle A new, simplified food pyramid A step-by-step eating plan Guidelines for eating out Fast, easy, and delicious menus, meals, and recipes Surefire strategies for making kids want to eat healthy foods From her experiences inside the USDA, Dr. Light brings new insights on how powerful agricultural and political forces have created the recipe for our national diet. Readers who care about their health will find much to learn within these covers. --Walter Willett, M.D., Dr.P.H., Chair, Department of Nutrition, Harvard School of Public Health, and author of *Eat, Drink, and Be Healthy*.



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