

Nutrition Almanac, Third Edition

*Lavon J.; Nutrition Search, Inc., Kirschmann, John - Director Dunne
ePub | *DOC | audiobook | ebooks | Download PDF*

 Download

 Read Online

#1645942 in Books 1990PDF # 1 #File Name: B000PLHX00340 pages | File size: 35.Mb

Lavon J.; Nutrition Search, Inc., Kirschmann, John - Director Dunne : Nutrition Almanac, Third Edition

before purchasing it in order to gage whether or not it would be worth my time, and all praised Nutrition Almanac, Third Edition:

2 of 2 people found the following review helpful. It's become extremely important for me to make certain that ...By Delores Rue-JonesIt's become extremely important for me to make certain that my husband's food has the lowest level of potassium possible and this book has the nutritional value of every food in existence. It literally will help me save his life. Thanks!1 of 1 people found the following review helpful. Trusted and reliableBy ChrisAn outstanding source for all things nutrition. Vitamins, minerals, aliments, it's all here. There is the 4th and 5th editions available, but based on reviews that I read, I chose this third edition as a gift for a friend. I have the 1st edition which is from 1979. It is still timeless and time tested with information and a user friendly format that I refer to often. The 3rd edition is the same, but with the addition of a section on water. An excellent book!1 of 1 people found the following review helpful. Efficient health reference book to have. It includes nutrition ...By WildflowerEfficient health reference book to have. It includes nutrition info and what these do for us. It includes health issues and diseases and what nutritions are needed to alleviate them. And finally includes a look-up for nutrition and which foods are high in them.

The system presented in this book can be employed in two ways. It can help the reader work out a total plan for personal nutrition, or it can quickly answer simple questions regarding food, nutrition, and health. It includes a "Table of Food Composition Chart" give the complete nutrient analysis of over 600 foods. And a "Nutrient Allowance Chart"

gives a complete breakdown of the nutrient needs for each person in view of body type, metabolism, and calorie requirements. There are detailed instructions on home preparation of wholesome foods with natural ingredients-- recipes for healthier eating. And much more.