



# Nutrition For Dummies

By Carol Ann Rinzler

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**Nutrition For Dummies** By Carol Ann Rinzler

**Get the straight facts on nutrition, slim down, and feel great**

You've been hearing it since you were a kid: "You are what you eat." And this wise saying is true! Good nutrition is the key to achieving and maintaining healthy weight and lifelong good health—no matter how you slice it. *Nutrition For Dummies*, 6th Edition is a one-size-fits-all guide to nutrition that shows you how to manage your diet so you get the most bang for your buck. This book gives you the know-how to put together a shopping list, prepare healthy foods, and easily cut calories.

The latest edition of *The Dietary Guidelines for Americans* encourages individuals to eat a healthful diet—one that focuses on foods and beverages that help achieve and maintain a healthy weight, promote health, and prevent chronic disease. This updated edition of *Nutrition For Dummies* reflects the latest suggested guidelines and details in plain English so you can incorporate these recommendations for living a nutritionally sound life. You'll get updated RDAs on vitamins and nutritional supplements; find out why you should eat more fruits, vegetables, nuts, whole grains, and other plant-based foods; understand the importance of cholesterol for brain health; get the latest information on obesity; and more.

- Decipher the latest nutrition facts, labels, and guidelines
- Understand why sugar is the most controversial subject in diet today
- Grasp the truth about vitamin supplements and energy drinks
- Make informed decisions about your own nutrition choices

An apple a day may not necessarily keep the doctor away, but with the simple guidance of *Nutrition For Dummies*, 6th Edition you can be on your way to living a happier, healthier, and longer life.

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## Nutrition For Dummies By Carol Ann Rinzler Bibliography

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### Editorial Review

#### From the Author

Carol Ann Rinzler is the author of more than twenty books on health and medicine, including *Nutrition For Dummies*, an international bestseller translated into fourteen languages that led to a stint as nutrition columnist for the *New York Daily News*. Rinzler's award-winning *Estrogen and Breast Cancer: A warning for women* (1993, 1995) was among the first to document the link between hormone therapy and an increased risk of breast tumors. Her four books in the *Dummies* series (*Nutrition plus Controlling Cholesterol*, *Weight Loss*, and *Heartburn and Reflux*) make complex medical facts and figures accessible to the general reader. As for her own reading, she says that "as a writer who specializes in medical subjects, my absolutely favorite books are my almost-complete sets of the *Merck Manual* and the *Merck Index*. This wonderful collection is an extraordinary record of the history of illness and orthodox treatment in the United States that makes it possible to track the evolving diagnosis, description and treatment of a disease or condition over more than a century. For example, in one chapter of my new book, *Leonardo's Foot*, I was able to use the *Manuals* to show the changes in how people regarded and treated flatfoot, a seemingly non-controversial deformity once used to identify those believed to be Devil's disciples. I am still searching for the second edition of the *Manual*, published in 1901. Alas, each new volume in the series was so widely available that doctors simply tossed out the old one when the latest one appeared."

#### From the Back Cover

Put the latest dietary guidelines into action

Decipher the all-important food label

Prevent and manage today's health concerns

### Feel great and get the facts on nutrition

Good nutrition is the key to a healthy weight and lifelong good health—no matter how you slice it. This all-encompassing, updated guide shows you how to manage your diet, put together a nutritious shopping list, prepare healthy foods, and easily cut calories. You are what you eat—so get ready to eat your way to good health!

#### Inside...

- Make wise food choices
- Balance hunger and appetite
- Maintain a healthy weight
- Choose the best carbs
- Get the real lowdown on sugar
- Prevent chronic disease

#### About the Author

Carol Ann Rinzler is the author of more than 20 books on food and health, a contributor to publications including "*The New York Times*" and a former nutrition columnist for the "*New York Daily News*."

## **Praise for *Leonardo's Foot***

**A Selection of the *Scientific American*, *History*, *BOMC2*, *Quality Paperback* and *Military Book Clubs***

Except for putting on socks and shoes or trimming toenails, people pay little attention to their feet. After all, feet are the furthest anatomical thing from the mind--literally. Health writer Rinzler lifts the lowly human foot to new heights in this appealing book....Leonardo da Vinci wrote, "The human foot is a masterpiece of engineering and a work of art." He got that right. -*Booklist*, (*American Library Association*)

Our reviewer declared that this book represents some of the best writing about science for the non-scientist that he has encountered in recent years. The focus, of course, is the foot and the author provides an impressive array of facts, figures and stories about it, along with a great deal of history, etymology and cultural perspective. --*American Association for the Advancement of Science*

"Rinzler clearly enjoyed researching her subject and can't stop herself from going on interesting digressions, often bringing up one or two mostly unrelated topics within the course of a paragraph. She's at her best when discussing medical history and etymology." -- *Library Journal*

## **Users Review**

### **From reader reviews:**

#### **Sarah Jackson:**

Why don't make it to be your habit? Right now, try to prepare your time to do the important work, like looking for your favorite guide and reading a book. Beside you can solve your condition; you can add your knowledge by the publication entitled Nutrition For Dummies. Try to the actual book Nutrition For Dummies as your good friend. It means that it can to get your friend when you experience alone and beside regarding course make you smarter than before. Yeah, it is very fortunate for you personally. The book makes you far more confidence because you can know every thing by the book. So , we should make new experience in addition to knowledge with this book.

#### **William Rice:**

Have you spare time for a day? What do you do when you have much more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to the particular Mall. How about open or read a book allowed Nutrition For Dummies? Maybe it is to become best activity for you. You understand beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with its opinion or you have some other opinion?

#### **Eunice Huynh:**

This Nutrition For Dummies is great guide for you because the content that is full of information for you

who else always deal with world and still have to make decision every minute. This book reveal it data accurately using great manage word or we can say no rambling sentences within it. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only provides you with straight forward sentences but tricky core information with splendid delivering sentences. Having Nutrition For Dummies in your hand like obtaining the world in your arm, facts in it is not ridiculous one. We can say that no publication that offer you world within ten or fifteen moment right but this book already do that. So , this really is good reading book. Hey there Mr. and Mrs. stressful do you still doubt that will?

### **Haley Thacker:**

A lot of e-book has printed but it differs. You can get it by net on social media. You can choose the most effective book for you, science, witty, novel, or whatever simply by searching from it. It is referred to as of book Nutrition For Dummies. You can contribute your knowledge by it. Without leaving behind the printed book, it could possibly add your knowledge and make an individual happier to read. It is most significant that, you must aware about reserve. It can bring you from one spot to other place.

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