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American Dietetic Association Complete Food and Nutrition Guide

By Duyff, Roberta Larson; ADA (American Dietetic Association)

Wiley, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword.Acknowledgments.Introduction.PART I: Eat Smart, Live Well: It's about You!Chapter 1: Food Choices: A Fit You!Fitness: Your Overall Health!Smart Eating, Active Living: Guidelines for Americans.Your Food Choices: The Inside Story.Healthful Eating, Active Living: One Step at a Time!PART II: Healthful Eating: The Basics.Chapter 2: Your Healthy Weight.Body Basics: What's Your Healthy Weight?Energy Basics: Calorie Math.Weighing the Risks.Weight Management: Strategies That Work!Too Thin-a Problem?Disordered Eating: Problems, Signs, and Help."Diets" That Don't Work!When You Need Help.Chapter 3: Fat Facts.Fats Matter.Cholesterol: Different from Fat.Too Much of a Good Thing?Chapter 4: Vitamins, Minerals, and Phytonutrients: Variety on Your Plate!Vitamins and Minerals: Team Players!Vitamins: The Basics.Minerals-Not "Heavy Metal".Phytonutrients-a "Crop" for Good Health.Chapter 5: Carbs: Simply Complex."Carbs": The Basics.Carbohydrates and Health.Carbohydrates in Food.Sugar Alcohols: Sugar Replacers.Intense Sweeteners: Flavor without Calories.Chapter 6: Fiber: Your Body's Broom.Fiber: It's Very Important!For Fiber-Variety!Chapter 7: Sodium and Potassium: A Salty Subject.Sodium, Potassium, and Your Health.Sodium in Your Food Choices.Flavor . . . with Little Salt and Less Sodium.Chapter 8: Fluids: The Power of Water.A Fluid Asset.What's to Drink?PART III: Smart Eating: The Consumer Marketplace.Chapter 9: What's on Today's Table?

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