



Are You Eating Right? Compare Your Diet to the Official Recommendations Using the Nutrient Content of 5000+ Foods

Judi S. Morrill, David Stone, Suzanne P. Murphy

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An easy-to-use book, written by 3 experts in the field, that has the latest dietary recommendations along with the amounts of 23 nutrients in more than 5000 foods. It shows you how to use nutrition information on food labels, gives a step-by-step guide for comparing your diet to the recommendations, and emphasizes eating for health AND pleasure. The book also has helpful tips for improving you diet, and other tidbits, such as recipes and a pack-your-own-lunch chart for children. It's handy having it on your book shelf, even if just for looking up things like how much fiber and potassium in a banana.

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