

(Ebook pdf) Nutrition Almanac: Better Life Through Better Nutrition

Nutrition Almanac: Better Life Through Better Nutrition

John D. Kirschmann

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John D. Kirschmann : Nutrition Almanac: Better Life Through Better Nutrition before purchasing it in order to gage whether or not it would be worth my time, and all praised Nutrition Almanac: Better Life Through Better Nutrition:

22 of 22 people found the following review helpful. Getting used to itBy PaulaI purchased the Nutrition Almanac, 2007 edition from .com. I bought a copy of the Nutrition Almanac over 30 years ago (1979 edition). I used it religiously over the last 30 years. It became so tattered that I finally bought a new one this year (2007 edition). Although the newer edition does have updated information in it, I am going to have to get used to the new layout. The older version was in a more bulleted type of paragraph format, making it easier to find relavent information, such as benefits of a nutrient, toxicity, and sources of the nutrient. The lump paragraph format makes it hard to find what I need. I am going to use a yellow highlighter to bold the food sources of the nutrients. What I do like much better, and the reason I rate the new version a 4-star, is that the nutrient listings for the various foods in the back of the book are much easier to read vertically, instead of horizontally like in the older version. The new Nutrition Almanac, with its bright colorful cover, looks much better than my old, tattered one. After I get used to the new format, I will probably love it as much as my old Almanac.0 of 0 people found the following review helpful. Love love love this book! Buy it..!By LHExcellent book, wealth of knowledge, I learn a lot and truly cherish it. It makes me understand how a human body works, and it will definitely improve my life. I highly recommend this book!2 of 2 people found the following review helpful. wouldn't be without one.By Dee in Des MoinesI have always had a copy of Nutrition Almanac in my home. Some I loaned to friends or family and never had them returned. On accident I gave my last one to a book drive. I have given more than one as a gift.I'm not certain but I believe I purchased my first one in the sixties. I could be

wrong. The cover of this one seemed to bring back a recollection of the first copy. I am not a fan of the newer editions. When I see the term "new and improved" I cringe. Never, is "new and improved" better. I like familiar. If it isn't broke, don't try to fix it. Throw the new ones out and bring back the original.

Take charge of your well-being, improve your health, feel younger, and live longer The Nutrition Almanac offers you reliable information based on the latest scientific discoveries as well as an expanded section on essential vitamins and minerals and their amazing benefits. All the nutritional information you need is here, so enhancing and maintaining good health is easy! Eat better. Live longer. Learn how what you eat can affect more than 100 common ailments Discover rich sources of vitamins and minerals in foods at your supermarket Understand the difference between good fats and bad fats Get practical information on the benefits of antioxidants and phytonutrients in food Find out which food ingredients and additives to avoid

From the Back CoverTake charge of your well-being, improve your health, feel younger, and live longer The "Nutrition Almanac" offers you reliable information based on the latest scientific discoveries as well as an expanded section on essential vitamins and minerals and their amazing benefits. All the nutritional information you need is here, so enhancing and maintaining good health is easy! Eat better. Live longer. Learn how what you eat can affect more than 100 common ailments Discover rich sources of vitamins and minerals in foods at your supermarket Understand the difference between good fats and bad fats Get practical information on the benefits of antioxidants and phytonutrients in food Find out which food ingredients and additives to avoidAbout the AuthorJohn D. Kirschmann has helped millions of people live longer, healthier lives through proper nutrition.