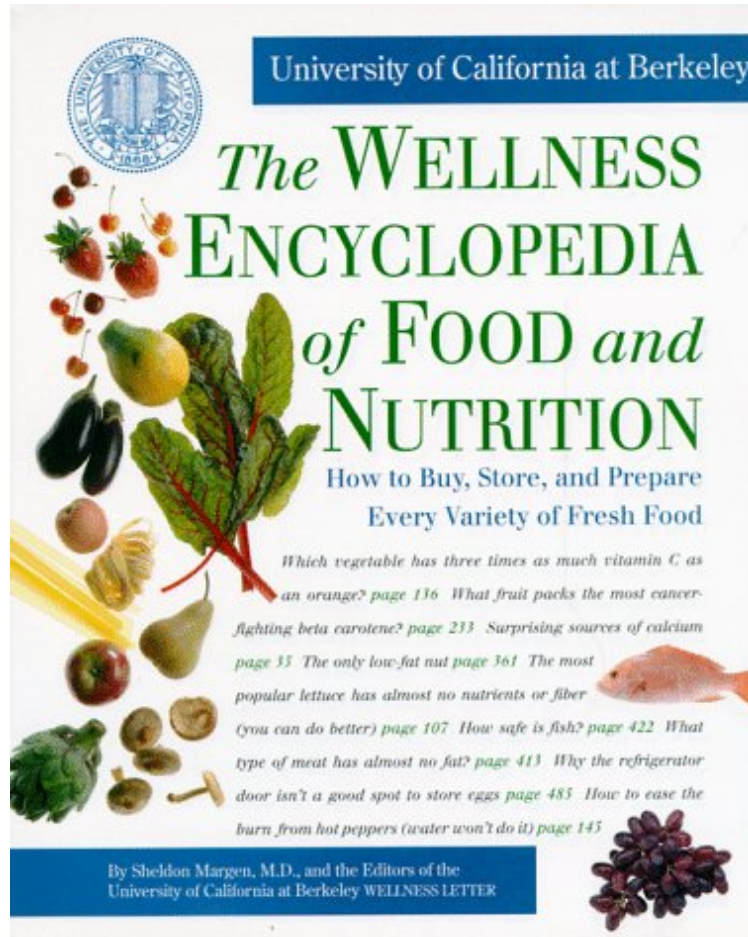


The Wellness Encyclopedia of Food and Nutrition

Sheldon Margen M.D.

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Sheldon Margen M.D. : The Wellness Encyclopedia of Food and Nutrition before purchasing it in order to gage whether or not it would be worth my time, and all praised The Wellness Encyclopedia of Food and Nutrition:

0 of 0 people found the following review helpful. Five Stars By Erica kathryngood addition to my library 0 of 0 people found the following review helpful. Excellent book By Terry Holmes This book is great for people that really want to know about the food they consume on a daily basis. I was educated on so much its very easy to read to understand. 1 of 2 people found the following review helpful. The Very Best Nutritional Book I Have Ever Read! By K D Dowdall As a Nutritionist, I find "The Wellness Encyclopedia of Food and Nutrition" is still the very best book of its kind. It is well organized, well written for understanding, is relevant for everyday use and is full of key nutritional needs for each food necessary for balanced nutrition. I often give this book as gifts to family and friends and they love it! I highly recommend this nutritional book for its comprehensive, simply to understand descriptions of what our everyday foods are composed of and why we need them.

The single most authoritative guide to shopping and eating for better health and a longer life.

From Library Journal Margen, nutrition researcher and chair of the editorial board of the University of California, Berkeley Wellness Letter, has compiled a unique reference source. Unlike such references as A.H. and M.E. Emsinger's Foods and Nutrition Encyclopedia (Pegasus Pr., 1983), which is geared to nutritionists, The Columbia Encyclopedia of Nutrition (LJ 6/1/88), which offers short articles on all aspects of nutrition but nothing on individual foods, or Nikki and David Goldbeck's The Supermarket Handbook (LJ 10/15/73), which emphasizes the purchasing of foods, The Wellness Encyclopedia of Food and Nutrition combines the selection and storage of foods with nutritional information. This resource is well organized, easy to read, and nicely illustrated. Starting with a discussion of nutrition (fiber, fats, vitamins, etc.), the text then concentrates on types of food (vegetables, fruits, grains, legumes, nuts and seeds, meats and poultry, fish and shellfish, dairy and eggs), covering over 500 fresh and whole foods that the average American cook would use, although not all regional varieties are included. Accompanied by photographs, each food and its varieties are described with availability information, shopping tips, storage information, preparation ideas, and serving suggestions (although there are no actual recipes). Scattered throughout the text are inset boxes and tables of information, the most important being the nutritional profiles and those giving interesting factual tidbits, e.g., that diabetics who eat a substantial amount of beans need less insulin to control their blood sugar. The appendixes include a cooking terms glossary, fats and oils discussion, and herbs and spices dictionary. The index is useful, but it would have been nice to have had cross references. (When readers are looking for prickly pear pads, for instance, nothing refers them to cactus pear, which is the term used.) This encyclopedia definitely fills a niche between the highly technical nutrition books and the basic how-to-shop books. Highly recommended.- Barbara Keen, Spokane Community Coll. Lib., Wash. Copyright 1993 Reed Business Information, Inc. From the Inside Flap The single most authoritative guide to shopping and eating for better health and a longer life. About the Author The University of California at Berkeley School of Public Health has been bringing consumers the 'Wellness Letter' for over 20 years. The Wellness letter is the number one health-related newsletter in the world. Packed full of information on health and nutrition, this book contains all of the latest thinking on nutrition, shopping, and cooking for people who want to maintain maximum wellness with a minimum of fuss and effort.