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Nutrition For Dummies is for anyone who cares about what they eat, Nigel s first book, The GL Diet, was published by John Blake in January 2005. Sue Baic is a Lecturer in Nutrition and Public Health in the Department of Exercise and Health Sciences at Bristol University. She has a first degree from Bristol University followed by a Master

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Carol Ann Rinzler is a noted authority on health and nutrition and holds an MA from Columbia University. She has written a nutrition column for the New York Daily News and is the author of more than 20 health-related books, including Controlling Cholesterol For Dummies, Weight Loss Kit For Dummies, and the highly acclaimed Estrogen and Breast Cancer: A Warning to Women.

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