

## ***Nutrition For Healthy Living By Wendy Schiff Third Edition***

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In addition to authoring Nutrition for Healthy Living and Nutrition Essentials: A Personal Approach, Wendy has coauthored a college-level personal health textbook and authored many other nutrition-related educational materials. She is a registered dietitian nutritionist and a member of the Academy of Nutrition and Dietetics.

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Also consider your health risks. For example, do you have high cholesterol or high blood pressure? If so, be sure to follow a diet that's low in salt, saturated fat and cholesterol, and high in fruits, vegetables, whole grains and healthy fats. For personalized advice, talk with your doctor or a dietitian.

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