



# Nutrition For Dummies

By Rinzler, Carol Ann

For Dummies, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Introduction.Part I: The Basic Facts about Nutrition.Chapter 1: What's Nutrition, Anyway?Chapter 2: Digestion: The 24-Hour Food Factory.Chapter 3: Calories: The Energizers.Chapter 4: How Much Nutrition Do You Need?Chapter 5: A Supplemental Story.Part II: What You Get from Food.Chapter 6: Powerful Protein.Chapter 7: The Lowdown on Fat and Cholesterol.Chapter 8: Carbohydrates: A Complex Story.Chapter 9: Alcohol: Another Form of Grape and Grain.Chapter 10: Vigorous Vitamins.Chapter 11: Mighty Minerals.Chapter 12: Phabulous Phytochemicals.Chapter 13: Water Works.Part III: Healthy Eating.Chapter 14: Why You Eat When You Eat.Chapter 15: Why You Like the Foods You Like.Chapter 16: What Is a Healthful Diet?Chapter 17: Making Wise Food Choices.Chapter 18: Eating Smart When Eating Out.Part IV: Food Processing.Chapter 19: What Is Food Processing?Chapter 20: Cooking and Nutrition.Chapter 21: What Happens When Food Is Frozen, Canned, Dried, or Zapped.Chapter 22: Better Eating through Chemistry.Part V: Food and Medicine.Chapter 23: When Food Gives You Hives.Chapter 24: Food and Mood.Chapter 25: Food and Drug Interactions.Chapter 26: Using Food as Medicine.Part VI: The Part of Tens.Chapter 27: Ten Nutrition Web Sites.Chapter 28: Ten (Well, Okay, Twelve) Superstar Foods.Chapter 29: Ten Easy Ways to Cut...



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