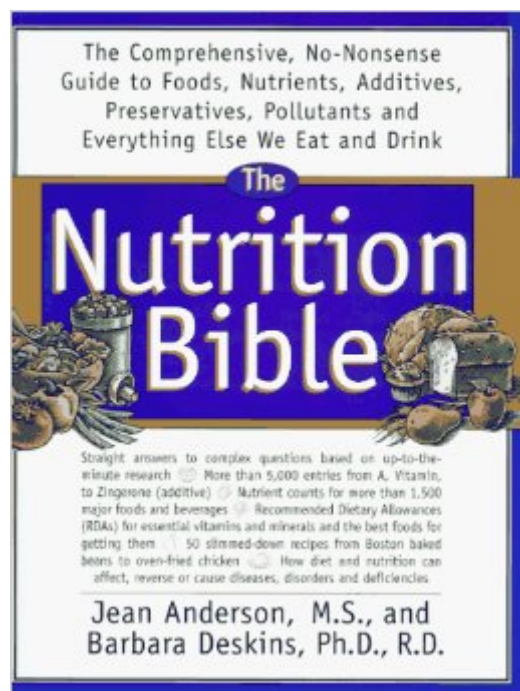


The book was found

# The Nutrition Bible: The Comprehensive, No-Nonsense Guide To Foods, Nutrients, Additives, Preservatives, Pollutants, And Everything Else We Eat And



## Synopsis

Defines relevant terms and answers today's complex questions about foods, nutrients, additives, pollutants, enzymes, hormones, and food-related diseases. 25,000 first printing. Tour.

## Book Information

Hardcover: 192 pages

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #2,792,434 in Books (See Top 100 in Books) #76 in [Books > Health, Fitness & Dieting > Nutrition > Food Additives](#) #14548 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#) #169032 in [Books > Medical Books](#)

## Customer Reviews

The book can be helpful as a resource on numerous foods. It is particularly useful if one is interested in the history of the food's origin. However, if your main objective is to determine a food's nutritional value, the book is cumbersome in its often lengthy narratives of the food's origin, on what ship it came to North America, which king first popularized it in what continent, what was historically quoted about it, and in which country it is now popular (etc, etc). Mention of food value is of course included in the narrative, but it is inconsistent and often missing. Nutrient content tables are also included for many foods, however, without any comparable reference, how are we to know that 0.14 mg of thiamin or 175 mg of potassium is considered to be negligible or plentiful amounts of the nutrient? The book could be significantly improved if the historical narratives are minimized, and if comparative nutrient content is included.

This is more than just a bible of nutrition, it's a bible and a dictionary! Anything you have ever wanted to know about nutrition and ingredients and recipes, ANYTHING!

I confess I'm biased in my review. My mother, Barbara Deskins, is one of the authors. She and Jean Anderson did a wonderful job putting together a reference book for anything nutrition. Whenever

anyone asks a question pertaining to foods or nutrition, I tell them to check the Nutrition Bible. Everybody should have a copy!

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The Nutrition Bible: The Comprehensive, No-Nonsense Guide to Foods, Nutrients, Additives, Preservatives, Pollutants, and Everything Else We Eat and The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) The Label Reader's Pocket Dictionary of Food Additives: A Comprehensive Quick Reference Guide to More Than 250 of Today's Most Common Food Additives Fighting Radiation and Chemical Pollutants With Foods, Herbs and Vitamins: Documented Natural Remedies That Boost Your Immunity and Detoxify The No-Nonsense Guide to International Development (No-Nonsense Guides) THE COMPACT, NO-NONSENSE GUIDE TO BADMINTON (COMPACT, NO-NONSENSE GUIDES Book 1) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Eat Real Food or Else: A Low Sugar, Low Carb, Gluten Free, High Nutrition Cookbook for the 21st Century GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) Protecting The Kings Table: Daniels guide for being up to ten times healthier, by avoiding harmful food additives, GMO foods and toxic personal care products. (2) (Volume 1) An A-Z Guide to Food Additives: Never Eat What You Can't Pronounce The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Diverticulitis Diet Plan: A Diverticulitis Diet Plan with Foods to Avoid, the Best Foods to Eat and an Effective Diet for Treatment Eat Smart in Poland: How to Decipher the Menu, Know the Market Foods & Embark on a Tasting Adventure (Eat Smart) How to Beat the Pro Football Points spread: A Comprehensive, No-Nonsense Guide to Picking NFL Winners The FODMAP Navigator: Low-FODMAP Diet charts with ratings of more than 500 foods, food additives and prebiotics A Consumer's Dictionary of Food Additives, 7th Edition: Descriptions in Plain English of More Than 12,000 Ingredients Both Harmful and Desirable Found in Foods

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