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The Men's Health Big Book Of Food & Nutrition: Your Completely Delicious Guide To Eating Well, Looking Great, And Staying Lean For Life!



Synopsis

In the aisles of the grocery store, the menus of chain restaurants, even in one's own refrigerator, confusion about how to eat right reigns: Is low-carb good or is carbo-loading the better way to go? Fat-free or sugar-free? And when did those dreaded eggs become a health food? Americans are hungrier than ever for clear-cut answers to their most perplexing food questions, but a private nutritionist or a membership in a diet club are expensive luxuries. What you really need is an authoritative, encyclopedic source at your fingertips. The Men's Health Big Book of Nutrition is the ultimate guide to shopping, dining, and cooking for bigger flavor-and a leaner body. It answers the ongoing demand for definitive information about the food we eat and taps into a readership hungry for final-word answers. Based on the same format as the hugely successful The Men's Health Big Book of Exercises and filled with easy-to-swallow eating strategies-and backed by groundbreaking studies and interviews with the world's most authoritative nutrition researchers-The Men's Health Big Book of Food & Nutrition - by Joel Weber with Mike Zimmerman - will help you discover just how easy it is to unlock the power of food and stay healthy for life.

Book Information

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Customer Reviews

Joel Weber is a senior associate editor at Men's Health and has appeared on Regis & Kelly, The Early Show, and Weekend Today. He lives in Brooklyn, NY.

Awesome book for recipes and dinner ideas.- Healthy & Delicious Dinner Recipes- Informative-

Thorough, lots of information And its done by Men'sHealth, awesome book!

This book is amazing. Had so much more information than I thought. I love it!

what a very obscurely designed book...It has the most random organizations and info table and it skipped to recipes after awhile....It has pretty pictures but makes me think of...It's like the book was written and designed by a designer and not a nutritionist or dietician... I mean if you want a pretty book to start with I guess this is the one to go... It just cannot be your only source because you will look like you don't know what you are doing but only pretending to be...

Informative

one of my favorite health books now

This book is great and a must have for any one interested in Men's health. It is super easy to understand, has wonderful pictures and great, easy recipes too. It is extremely informative explaining what kinds of foods to eat, when and why. It really breaks it all down in such a simple, applicable, and non-boring way that you really want to read the whole book. You can skip around in the book as well which makes it even more useful. Definitely buy this for yourself or as a gift! Whether you are new to learning about proper food choices or you are a pro you won't be disappointed!

This is one of the best books I have ever read on nutrition. We have all heard about all these diets and the all you have to do is just take this miracle pill and you will be fine. The truth is that it takes work and discipline to change your eating habits. If you will read, study and put into practice what this book tells you it will help you to change your life style. I lost about 30 pounds in about 6 months and feel great. That's not too bad for a person who is small and weighed about 150# to begin with. I also recommend the Vita-Mix whole food processor. I am 68 and feel like I am 30 again.

I like this book a lot, but it's not what I was really looking for. It's very basic and more of an encyclopedia of food with its nutritional breakdowns. I was looking for something more advanced than this, but it's a good book that we use as a quick reference for foods we don't cook very often.

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Methods, Build Lean Muscle Book 1) The Joy of Eating Well: A Practical Guide to- Transform Your Relationship with Food- Overcome Emotional Eating- Achieve Lasting Results

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