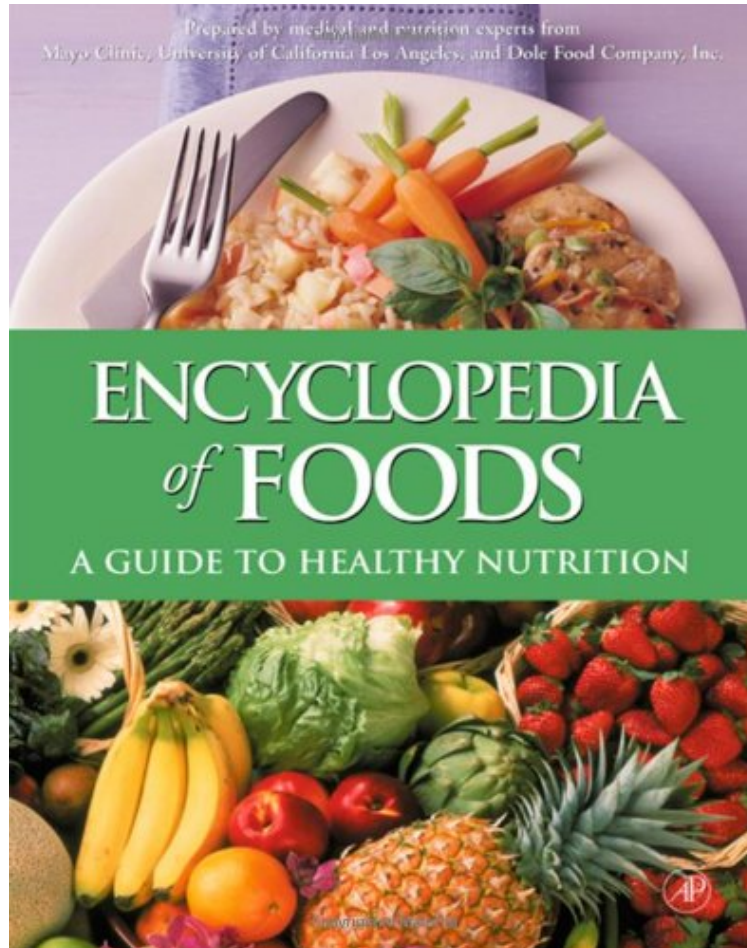


Encyclopedia of Foods: A Guide to Healthy Nutrition

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The Encyclopedia of Foods: A Guide to Healthy Nutrition is a definitive resource for what to eat for maximum health as detailed by medical and nutritional experts. This book makes the connection between health, disease, and the food we eat. The Encyclopedia describes more than 140 foods, providing information on their history, nutrient content, and medical uses. The Encyclopedia also describes the "fit kitchen", including the latest in food safety, equipment and utensils for preparing fit foods, and ways to modify favorite recipes to ensure health and taste. Details healthy eating guidelines based on the RDA food pyramid Provides scientific basis and knowledge for specific recommendations Beautifully illustrated Extensive list of reliable nutrition resources Describes the fit kitchen from the latest in food safety to equipment and utensils for preparing fit foods to ways to modify favorite recipes to ensure health and taste

"...serves as a comprehensive guide to fresh produce varieties, their nutritional content, how to incorporate produce items into a healthy diet and menu suggestions." --PRODUCE BUSINESS (2004) "...offers tons of tips for sensible eating explains not just the nutritional value of fruits, it also has information about carbohydrates; how to decipher nutrition information on supermarket items; and healthy alternatives to meal favorites." --NAPLES DAILY NEWS, TUSCALOOSA NEWS, MANHATTAN MERCURY (2004) "...this one is well worth recommending to a senior citizen who has nutritional questions...it is written very clearly, in non-technical language, in a good print size." -- JOURNAL OF NUTRITION FOR THE ELDERLY (2003) "...the book is well written and provides interesting facts and tips to improve dietary intake and to incorporate favorite foods into daily diets." --GASTRONOMICA (2003) "If you want to know about diets, menus, foods and how to prepare good meals--buy this book." ---AMERICAN INSTITUTE FOR CANCER RESEARCH "...it has appealing layout, colored diagrams, and wonderful photographs that make the information readable and interesting. ...A bargain, highly recommended for all libraries." --CHOICE "...much more than just an encyclopedia. ...this resource gives a lot of information surrounding all aspects of healthy living and healthy eating. ...Because of the popularity of this topic to both laypersons as well as the health community, this volume is recommended for public, academic, and consumer health libraries of all sizes." --AMERICAN REFERENCE BOOKS ANNUAL "This is a unique combination of food sources, nutrition information, and health-nutrition interactions. The book intends to provide knowledge for individuals to influence their health and provides sections to help people make positive diet changes." --DOODY'S "Superior and comprehensive. One stop shopping for all the knowledge needed to eat healthy and be healthy." --George L. Blackburn, Harvard Medical School "If you want to know about diets, menus, foods and how to prepare good meals--buy this book." -Riva Burrum, American Institute for Cancer Research From the Back Cover As consumers become better educated about how lifestyle affects their health, they are more demanding: they expect current information that supports the link among nutrition, health promotion, and disease prevention and treatment. This book, prepared by medical and nutrition experts at the Mayo Clinic, the University of California Los Angeles, and Dole Food Company, Inc., provides the medical information, scientific evidence, and nutritional data to meet these increasing demands. The Encyclopedia of Foods: A Guide to Healthy Nutrition is a definitive resource on what to eat for health. Part I presents the scientific basis for the links between food and health. Statistics show that the foods we eat play a major role in the prevention and treatment of coronary artery disease, cancer, stroke, and diabetes-four leading causes of death in the United States. Also discussed is the role of nutrition in other common medical conditions: obesity, high blood pressure, and osteoporosis. Practical guidelines for planning and preparing healthful and delicious meals are given. Part II is an encyclopedia of foods, organized into the commonly recognized USDA Food Guide Pyramid food groups: fruits, vegetables, grains, dairy foods, meats and high-protein foods, and other foods such as fats, oils, sweets, and alcohol. More than 140 individual fruits and vegetables are described to encourage consumption for their health benefits. Health implications of the other food groups are also described in addition to nutrient contents, history, and recommended uses. Beautifully illustrated with many photographs, the Encyclopedia of Foods: A Guide to Healthy Nutrition is an invaluable resource for linking food and health. Key Features Provides an overview of the basic principles of nutrition, including the most current recommendations for nutrient intake, the role of each nutrient and how much is needed, the United States Dietary Guidelines for Americans, and how these guidelines translate into healthful food selections s the unique role of nutrition in the prevention and treatment of obesity, high blood pressure, diabetes, coronary artery disease, osteoporosis, and cancer Presents creative ways to select, plan, and prepare healthful meals, including 2 weeks of nutritionally balanced menus and ways to modify favorite family recipes to be healthful and delicious Details hundreds of foods, including their nutrient contents and how they can contribute to well-being Discusses supplements, antioxidants, phytochemicals, functional foods, and new food technology About the Author Edited by Experts from Dole Foods, the Mayo Clinic, and UCLA Center for Human Nutrition