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Catherine Saxelby

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Recommended for all those (and there are so many of us) who are tired of too many complicated and unrealistic books about nutrition. Here it is in one userfriendly, practical and readable package. ' (Living Well magazine) In the same clear style that made earlier editions of 'Nutrition for Life' a classic comes a newly revised and completely updated version in light of the latest research on food and nutrition. Once again,Catherine Saxelby puts the latest facts and figures at your fingertips, and returns the power for your own health and wellbeing to you. This book will provide the answers to many of your questions about nutrition and health. Learn all about: * weight and body shape * diets and diet products * vitamins and supplements * antioxidants * super foods * allergies and special diets and much more. Catherine also debunks food myths and offers practical ways to improve the average diet, including tips to cut down on fat and salt, ideas to boost fibre, and handy menu guides. The book also provides a comprehensive nutrition glossary and directory with websites.

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