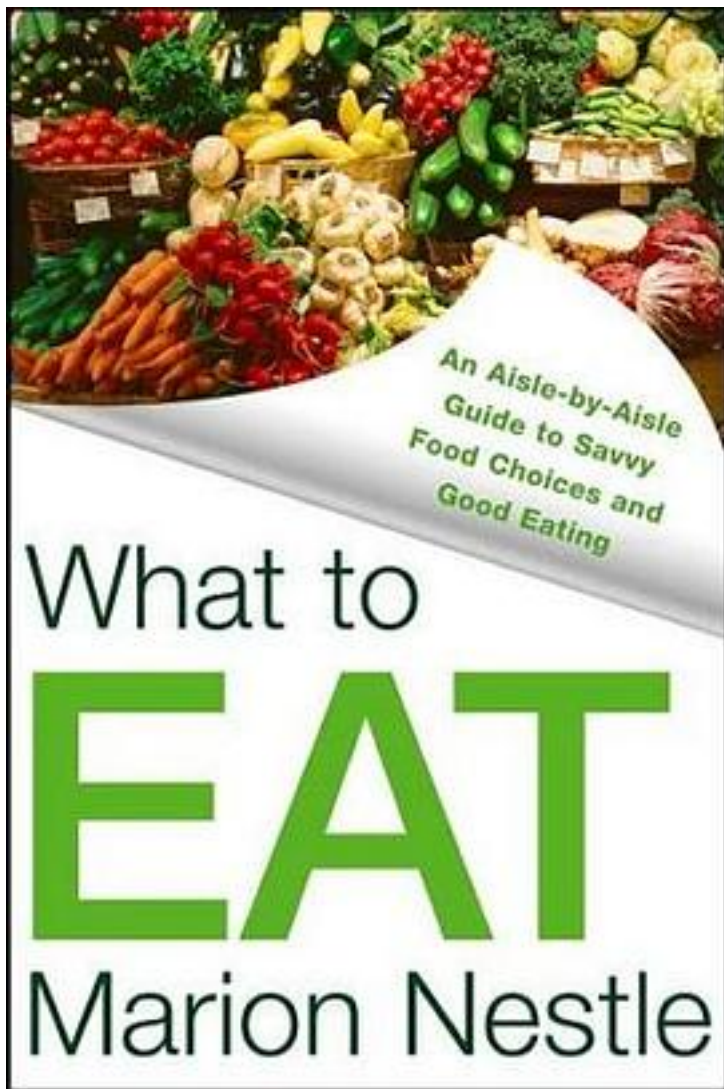


# What to Eat



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著者:Marion Nestle

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How do we decide what foods to eat? In recent years, this simple question has become complicated beyond belief—as supermarkets have grown to warehouse size, and as the old advice to eat foods from four food groups has been overrun by questions about organic foods, hormones, pesticides, carbohydrates, trans fats, omega-3s, supplements, health claims, extreme diets, and, above all, obesity.

Fortunately, Marion Nestle is here to tell us what’s what—to give us the facts we need to make sensible choices from the bewildering array of foods available to us. With *What to Eat*, this renowned nutritionist takes us on a guided tour of the supermarket, explaining the issues with verve and wit as well as a scientist’s expertise and a food lover’s experience.

Today’s supermarket is ground zero for the food industry, a place where the giants of agribusiness compete for sales with profits—not nutrition or health—in mind. Nestle walks us through the supermarket, section by section: produce, dairy, meat, fish, packaged foods, breads, juices, bottled waters, and more. Along

the way, she untangles the issues, decodes the labels, clarifies the health claims, and debunks the sales hype. She tells us how to make sensible choices based on freshness, taste, nutrition, health, effects on the environment, and, of course, price. With Nestle as our guide, we learn what it takes to make wise food choices

and are inspired to act with confidence on that knowledge.

*What to Eat* is the guide to healthy eating today: comprehensive, provocative, revealing, rich in common sense, informative, and a pleasure to read.

作者介绍:

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