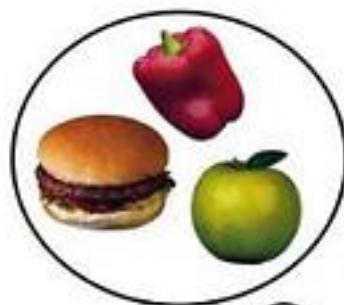


So What Can I Eat?!

Featuring Quick and Easy Recipes, Meal Plans, and Shopping Tips

So What *Can* I Eat?!



How to Make Sense
of the New
Dietary Guidelines
for Americans
and Make Them
Your Own



ELISA ZIED, M.S., R.D.
with RUTH WINTER, M.S.

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A blueprint for developing a nutritious, balanced eating plan for life Every day, readers are presented with conflicting information about food, nutrition, and how to eat properly. Now, Elisa Zied, a highly visible spokesperson for the American Dietetic Association, clarifies the new U.S. Dietary Guidelines and provides a clear plan for developing a nutritious, balanced, and sustainable eating-plan for life-whether the goal is to lose weight, have more energy, or manage or prevent diet-related conditions. The book's helpful menu plans and many delicious recipes will allow readers to enjoy eating without feeling deprived.

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