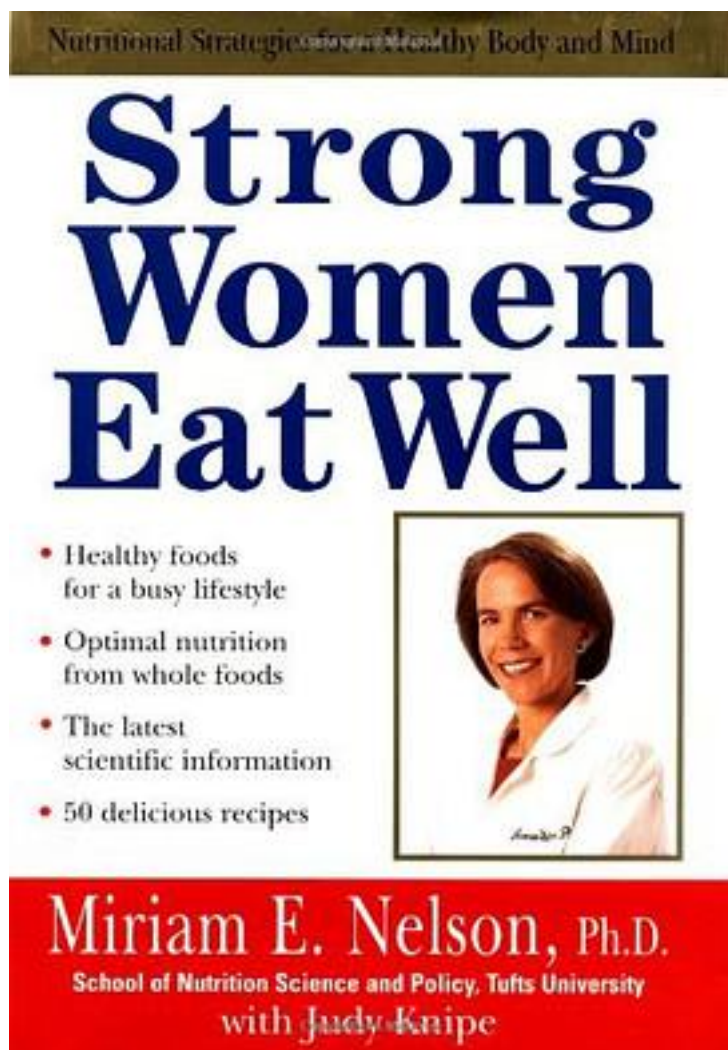


Strong Women Eat Well



[Strong Women Eat Well_下载链接1](#)

著者:Nelson, Miriam E.

出版者:Berkley Pub Group

出版时间:2002-5

装帧:Pap

isbn:9780399527821

Dr. Miriam Nelson clears away the misconceptions and myths-often fueled by the proponents of diets that focus on weight loss-and explains how to make the right food decisions. She offers sound, scientifically based advice, and shows women how to finally find pleasure in eating-and eating well. Included are:

* Why high-protein, low-carbohydrate diets are ineffective and potentially dangerous * How to read and understand "Nutrition Facts" * The formula for determining how much protein is needed * Advice on whether to buy organic * What "fat-free" really means on a label * The latest information on genetically engineered foods * Advice on supplements * 50 recipes € and more

"Scientifically sound, full of nutritional strategies that are easy to follow, and clearly written...essential reading for every woman." (Irwin H. Rosenberg, M.D., Dean, School of Nutrition Science and Policy, Tufts University)

作者介绍:

目录:

[Strong Women Eat Well_下载链接1](#)

标签

评论

[Strong Women Eat Well_下载链接1](#)

书评

[Strong Women Eat Well_下载链接1](#)