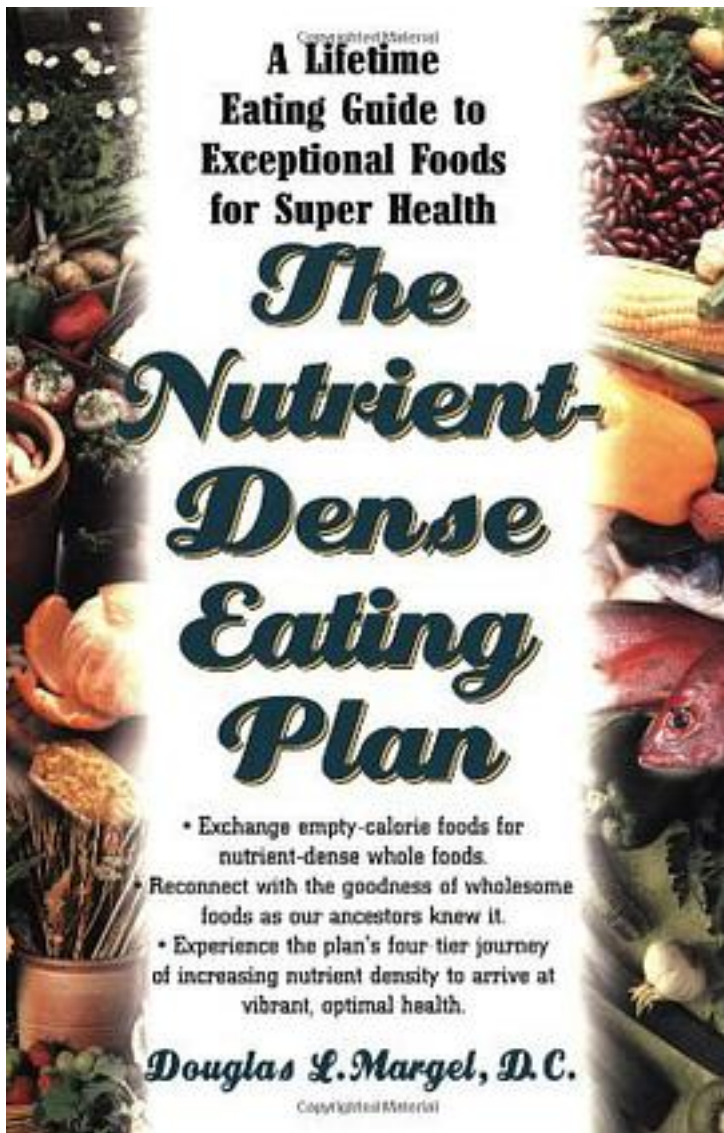


# The Nutrient-Dense Eating Plan



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A commonsense approach to food and an easily understandable way to evaluate food for its quality and denseness. Nutrient density is defined, and a program that is basically a journey of increasing nutrient denseness is provided to help everyone toward optimal health. A number of delicious recipes as well as sources for the foods listed is included.

作者介绍:

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