

Too Many Cooks



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More than ever, today's public and health care professionals are questioning the accuracy of the health and nutrition guidelines provided to us by the USDA and other government agencies. This book explains how one set of guidelines, the recommended daily allowances, or RDAs, and their "one-size-fits-all" approach are inadequate, flawed and ultimately misleading. Everyone would agree that the physiologic makeup of a 17-yr-old male and a 57-yr-old female are quite different, yet the recommendations for individuals such as these (and everyone, for that matter) within the RDAs are the same. Real RDAs for Real People will explain the problems with today's nutrition guidelines and provide readers with realistic and accurate recommendations that they can use, depending on their sex, age, and other factors, to achieve excellent health.

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