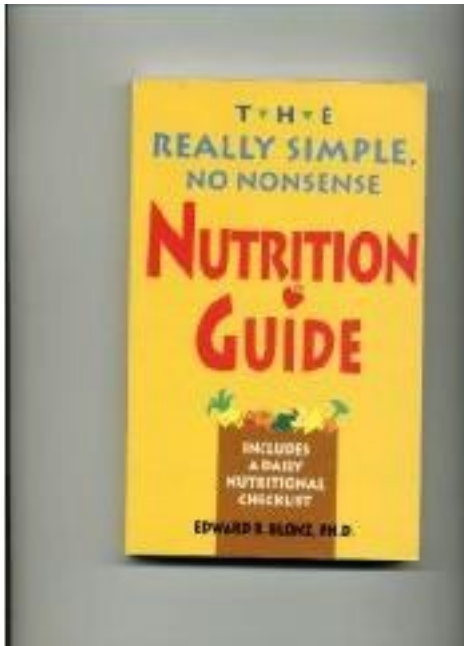


The Really Simple, No Nonsense Nutrition Guide



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Every day, Americans are faced with information overload about food, nutrition, and health. Here is a welcome antidote for those confused and baffled about today's nutritional issues. In a comfortable, easy-to-follow format, this book looks at the complexities of nutrition and breaks them down to digestible bites. Covers food processing, fats, cholesterol, supplements, natural foods, preservatives, and more. Charts.

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