

# How to Be Your Own Nutritionist



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From Publishers Weekly Long on vague, extravagant claims and general information but short on specifics, Berger's latest effort is largely a rehash of his Immune Power Diet and Immune Power Cookbook and current nutritional wisdom. Berger notes that much of the material is repetitive, but claims that his new 18-day menu plan takes into greater consideration a diet high in complex carbohydrates and low in fats and proteins. Discussions of macronutrients (carbohydrates, fiber, fats, protein) and micronutrients (vitamins and minerals) make up the bulk of the book, with the brief section on food allergies a poor afterthought. But Berger does a fine job explaining how the body uses nutrients. The book features quizzes and questions to help the reader formulate a healthful diet, and vitamin and mineral prescriptions for special needsalcohol and caffeine abusers, smokers, vegetarians, those on medication, women who are pregnant or taking birth-control pills, and others. The specifics of using much of the plan are unclear, however, such as whether readers in these special categories should obtain their micronutrients from diet or supplements. 150, 000 first printing. Copyright 1987 Reed Business Information, Inc. From Library Journal Berger is the Park Avenue physician/nutritionist who wrote last year's best seller The Immune Power Diet. In this equally energetic and convincing new work, he suggests that we focus on our individual problems and physical needs in order to

develop an appropriate eating plan that will leave us trim and healthier. Through anecdotes about himself and his patients, Berger peptalks the reader into trying to come to terms with the vast amount of information, misinformation, and current research about fiber, fats, carbohydrates. He also profiles vitamins and minerals before outlining his eating program. This book will be in demand, no doubt, largely because of the author's personality, the skillful marketing, and because the topic remains hot. But the reader may well have read all of this before. Allayne C. Heyduk, Riverside Sch., Oneonta, N.Y. Copyright 1987 Reed Business Information, Inc.

作者介绍:

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