Nutripoints: The Breakthrough Point System for Optimal Nutrition

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At last, computer technology is applied to the science of nutrition to help confused consumers in their quandary over what to eat. Through a computerized analysis of 18 essential elements (vitamins, minerals, fiber, etc.) and eight excessive elements (cholesterol, fat, sugar, etc.), Vartabedian, chief nutritionist at Kenneth Cooper s Aerobics Center in Dallas, assigns over 3000 common foods a Nutripoint score. Then, by advising consumers to tally up 100 Nutripoints a day from six food groups (vegetables, fruits, grains, legumes, dairy, and meat), he illustrates how their diet will meet or surpass recommendations made by governmental and health organizations and still be low in calories. The book includes extensive food lists, over 80 recipes, and several meal plans, including a vegetarian option. Despite its profusion of numerical data, this book is interesting, well-organized, and easy to use, so it should be popular with all health-conscious readers. Previewed in Prepub Alert, LJ 9/1/89.

作者介绍:

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