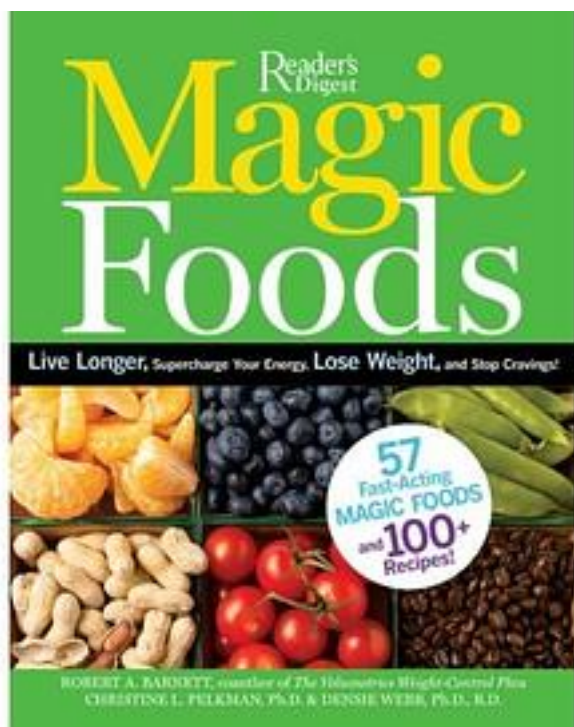# Magic Foods

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著者:Robert A. Barnett

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This book is divided into three distinct sections. The first provides a basic introduction to nutrition and healthy eating, with lots of practical tips and advice. The second describes some of the most commonly available "superfoods"--foods that have exceptional health value and are easy to incorporate into your diet. Fruits, vegetables, meats, grains, and fats are all represented, and there is a particular emphasis on foods that regular blood sugar (so it is especially helpful for those wanting to lose weight and/or treat or prevent diabetes). The third section offers easy recipes that feature these foods as starring ingredients, as well as some meal plan ideas to get you started.

PROS:

--The book is written and designed primarily for people who are "beginners" at healthy eating, so it is easy to read and practical.

--Many of the recipes are "remakes" of standard American fare, so this is a great book for you if you want to eat more healthily while still eating familiar, comfortable food.

-- With many vivid photographs and a colorful, dynamic layout, this book has immediate eye-appeal and is fun to flip through.

--The book is appropriate for everyone, but if you're trying to lose weight and/or control diabetes, it will be especially useful.

CAVEATS:

--If you already know a lot about nutrition, you may find the book a bit too simplistic. (Consider George Mateljan's "The World's Healthiest Foods" instead.)

--If you are interested in the recipes only, and not the nutritional info, then this book may not be worth the money. The recipes are good, but similar recipes can be found in most standard "healthy" cookbooks.

OVERALL: A well-designed and useful book, especially for those making a real lifestyle change to healthy eating for the first time. Fun to browse.

作者介绍:

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