

# Nutrition Sense



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Newspaper headlines across the country publicize the prevalence of obesity in our children. The best way to fight the increasing incidence of nutrition-related problems is through knowledge. This informative series presents various ways of achieving good nutrition, always emphasizing a healthy, balanced approach to food. Using lively and easy-to-read text and a vibrant design, the books in this enlightening series also include tools such as sidebars, fact boxes, charts, and recipes to further engage young readers. It is vital to emphasize the important nature of this topic. This valuable series offers easy-to-follow guidelines for a healthier diet. Written by a retired surgeon, this book balances a lively yet serious discussion of the science behind calories and fats with an engaging presentation of the how-to and benefits of balancing meals. Using tables, charts, diagrams, and reader-friendly text, the author provides helpful tips on counting calories understanding the food pyramid, and preventing obesity. The discussion on fats includes an examination of the current debate among scientists about the amount of saturated fats that should be included in a healthful diet.

作者介绍:

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