



# The American Dietetic Association's Complete Food & Nutrition Guide

*American Dietetic Association (ADA), Roberta Larson Duyff*

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A lifetime of sound advice on healthful eating--from the world's foremost authority on food and nutrition. Thoughts about eating are changing. The focus has moved from dieting and losing weight to healthful overall eating habits to help you feel good, live well, and prevent disease. With so much new information coming from so many different sources, eating right can be confusing--but it doesn't have to be. This comprehensive book from The American Dietetic Association explains everything you need to know about what you eat, allowing you to enjoy your favorite foods and maximize nutrition. The American Dietetic Association's Complete Food & Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family, Including:

- What you need to know about vitamins, minerals, and antioxidants
- Low-fat fast food and restaurant tips
- Healthful vegetarian eating
- Nutrition for disease prevention
- Why dieting doesn't work--and what does
- Meeting the unique nutrition needs of women, children, teens, and seniors
- How to decipher health claims in the headlines
- Top nutrition tips for sports and exercise
- How to protect against foodborne illness
- And much more!

Also included are recently updated recommendations for certain vitamins and minerals, the USDA Dietary Guidelines for Americans, kitchen nutrition tips, self-assessment quizzes, and an expanded index. With nearly 70,000 members, The American Dietetic Association is the largest organization of food and nutrition professionals in the world. Named one of Ladies' Home Journal's Top Health Books of 1996 Winner of a 1997 Health Information Award "A must for everyone's kitchen."--The Oregonian "Jam-packed with practical eating and food safety tips."--USA Today "Intelligent advice about sensible eating."--Washington Times "May be the ultimate healthy-eating primer."--Fitness Magazine



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