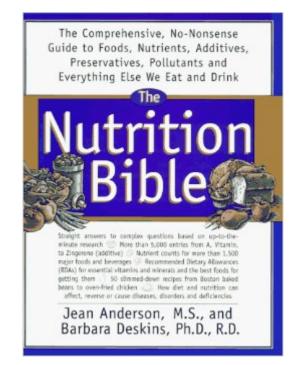
The book was found

The Nutrition Bible: The Comprehensive, No-Nonsense Guide To Foods, Nutrients, Additives, Preservatives, Pollutants, And Everything Else We Eat And





Synopsis

Defines relevant terms and answers today's complex questions about foods, nutrients, additives, pollutants, enzymes, hormones, and food-related diseases. 25,000 first printing. Tour.

Book Information

Hardcover: 192 pages Publisher: William Morrow & Co; 1st edition (October 1995) Language: English ISBN-10: 0688116191 ISBN-13: 978-0688116194 Product Dimensions: 1.2 x 9 x 11.5 inches Shipping Weight: 2.8 pounds Average Customer Review: 4.3 out of 5 stars Â See all reviews (3 customer reviews) Best Sellers Rank: #2,792,434 in Books (See Top 100 in Books) #76 in Books > Health, Fitness & Dieting > Nutrition > Food Additives #14548 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #169032 in Books > Medical Books

Customer Reviews

The book can be helpful as a resource on numerous foods. It is particularly useful if one is interested in the history of the food's origin. However, if your main objective is to determine a food's nutritional value, the book is cumbersome in its often lengthy narratives of the food's origin, on what ship it came to North America, which king first popularized it in what continent, what was historically quoted about it, and in which country it is now popular (etc, etc). Mention of food value is of course included in the narrative, but it is inconsistent and often missing. Nutrient content tables are also included for many foods, however, without any comparable reference, how are we to know that 0.14 mg of thiamin or 175 mg of potassium is considered to be neglible or plentiful amounts of the nutrient? The book could be significantly improved if the historical narratives are minimized, and if comparative nutrient content is included.

This is more than just a bible of nutrition, it's a bible and a dictionary! Anything you have ever wanted to know about nutrition and ingredients and recipes, ANYTHING!

I confess I'm biased in my review. My mother, Barbara Deskins, is one of the authors. She and Jean Anderson did a wonderful job putting together a reference book for anything nutrition. Whenever anyone asks a question pertaining to foods or nutrition, I tell them to check the Nutrition Bible. Everybody should have a copy!

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