

Wellness Foods A to Z: An Indispensable Guide for Health-Conscious Food Lovers

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Abstrak

This encyclopedic volume by the editors of the U. of California, Berkeley Wellness Letter offers a nutritional and market profile of foods from almonds to yoghurt, with serving suggestions. It also provides information on eating for optimal health (without proselytizing for organic food); a guide to food groups, vitamins and minerals, and herbs and spices; how to read food labels; and a cooking glossary. Includes color illustrations. Lacks references. Distributed by National Book Network. Annotation c. Book News, Inc., Portland, OR (booknews.com)