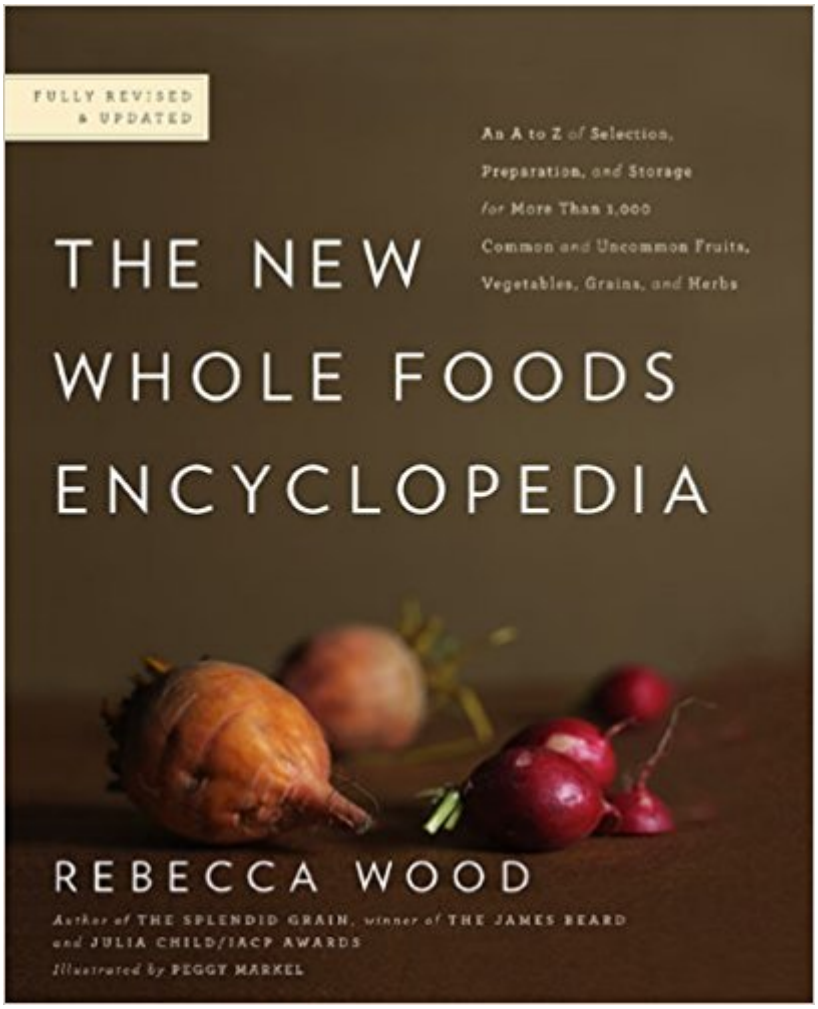
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The New Whole Foods Encyclopedia: A Comprehensive Resource For Healthy Eating



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Synopsis

The bible of nutritional eating-now fully updated for the twenty- first-century kitchen The average American's awareness of the relationship between diet and mental and physical well being has virtually exploded since The New Whole Foods Encyclopedia was first published in 1983. There has never been a greater selection of whole foods available at even a typical grocery store-but the choices can often be dizzying. This new edition shows consumers how to select, prepare, store, and use more than 1,000 familiar and unusual foods to maintain optimum health and heal what ails them. Readers of Michael Pollan and Eric Schlosser- as well as anyone concerned about the quality of the food they ingest- will make this the go-to resource on good nutrition. This updated edition of The New Whole Foods Encyclopedia includes: Ã¢â ¬â •More than two hundred new entries Ã¢â ¬â •A new index featuring home remedies Ã¢â ¬â •Line drawings illustrating unusual foods Ã¢â ¬â •Resources for hard-to-find foods Ã¢â ¬â •A fully cross-referenced format with sidebar recipes throughout

Book Information

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Customer Reviews

Rebecca Wood has served as an educational consultant to the natural foods industry for fifteen years. She is co-founder and Director of the macrobiotic East-West Center in Boulder, Colorado, and the author of The Splendid Grain and Quinoa the Supergrain.

If you like eating Whole foods, and want to get vitamin and mineral information, how to choose a ripe food, what the food is used for medicinally etc. this is your book. I had the first edition and wore

out the pages, so this is my second copy. I have given it as a gift to many, many, many people.

I checked this book out of our local library and was so impressed with the information provided I had to purchase. Found an excellent used copy through . If you are interested in what you are taking into your body- then you will find this Encyclopedia a very valuable tool. The author offers descriptions that include traditonal medicinal and nutritive benefits of whole foods and in addition- their relation to the Ayurvedic system of health. I found the author's personal asides and recipe suggestions a charming bonus- this New Whole Foods Encyclopedia by no means reads like a dry reference tome but more along the lines of a compendium of excellent information compiled by an old friend.

I was hoping for more information along the lines of specific nutritional content and colored photographs. A little too brief for me. It's a good general resource, but I think I prefer World's Healthiest Foods by George Mateljan.

Amazing reference for anyone obsessed with nutrition and wellness. Even if you aren't, having this on had to know what foods support your healthy and wellness will set you up for success.

A wonderful resource for cooking, eating, or just entertainment. Literally a real food encyclopedia with splendid amounts of information including history, medical uses, tips on purchasing, etc. Invaluable asset to any kitchen; highly recommend!

If you are looking to know everything about what you eat get this book. This book is a must have for food lovers. It has how to store food, nutritional sources, Ayurveda information, Chinese Medicine, medicinal qualities and properties of foods, and much more. It is a complete and fascinating book to read.

This book really is so unbelievably useful. Great go-to guide for all things fruits, vegetables etc.....If you wanna know why this fruit or that veggie is good or bad for you, or what fruit has lots of vitamin C etc then this is the book you want

Extraordinary work went into this book, which I consult almost every day. Very, very useful and wise!

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