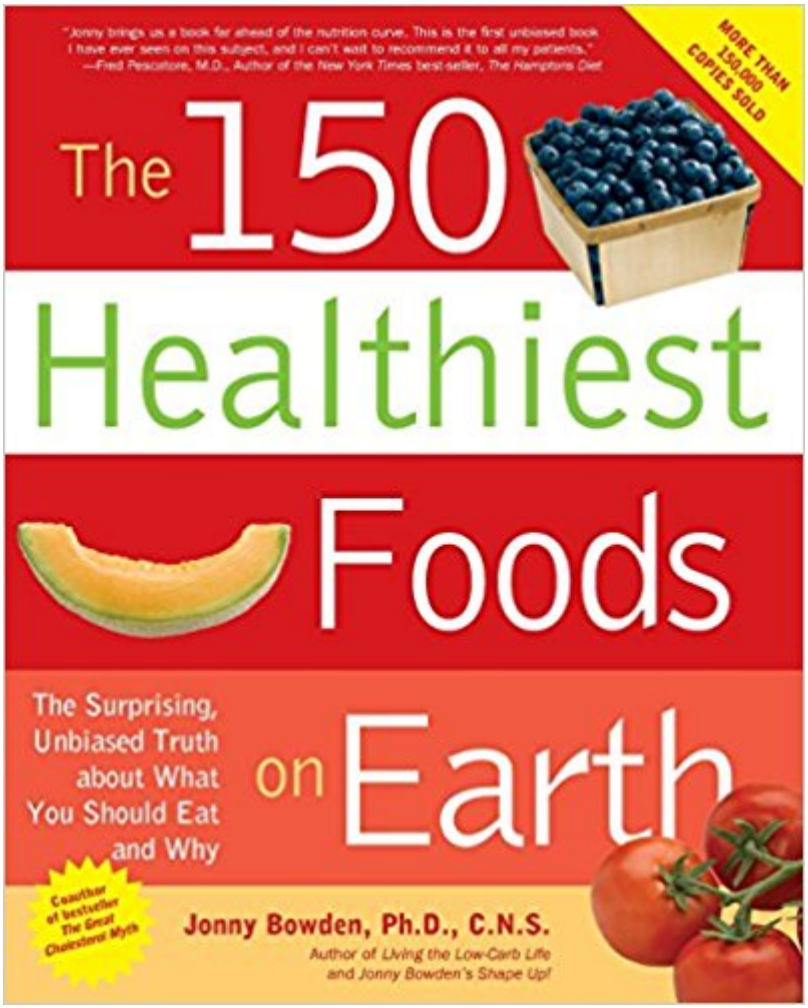
Ebook Directory
the best source of ebook

The book was found

The 150 Healthiest Foods On Earth: The Surprising, Unbiased Truth About What You Should Eat And Why



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

A complete guide to the healthiest foods you can eat - and how to cook them!Why get your nutrients from expensive supplements when you can enjoy delicious, nourishing foods instead? From almonds to yucca, readers will find out what nutrients each of the 150 featured foods contains, what form contains the most nutrients, if it's been recommended to combat any diseases, where to find it, how to prepare it, and how much to eat - plus wonderful recipes using these sometimes obscure foods! Indexes by nutrient, by disease, and by food make finding what you need a snap, and the at-a-glance format makes the information as easy to digest as the foods themselves.

Book Information

Paperback: 360 pages

Publisher: Fair Winds Press; Pap/Com edition (January 1, 2007)

Language: English

ISBN-10: 1592332285

ISBN-13: 978-1592332281

Product Dimensions: 8.2 x 0.9 x 10 inches

Shipping Weight: 2.7 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 328 customer reviews

Best Sellers Rank: #173,528 in Books (See Top 100 in Books) #106 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #329 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #1407 inÃ Â Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

Jonny Bowden, Ph.D., C.N.S., (Woodland Hills, CA)Ã Â also known as The Nutrition Myth Buster, is a nationally known, board-certified nutritionist and expert on diet and weight loss. He has appeared on the Dr. Oz Show, Fox News, CNN, MSNBC, ABC, NBC, and CBS and has contributed to articles in the New York Times, Forbes, the Daily Beast, Huffington Post, Vanity Fair Online, MenÃ¢â ¬â„¢s Heath, Prevention, and dozens of other print and online publications.Ã Â He is a popular speaker who presents at both academic and consumer events all over the world. Dr. Jonny is the best-selling author of fifteen books, including The 150 Healthiest Foods on Earth, The Most Effective Natural Cures on Earth, The 150 Most Effective Ways to Boost Your Energy, The Most Effective Ways to Live Longer, The Healthiest Meals on Earth,Ã Â Smart Fat (with Steven Masley, M.D.), and the controversial best-seller, The Great Cholesterol Myth: Why Lowering Your

Cholesterol WonÃ¢â ¬â„¢t Prevent Heart Disease and the Statin-Free Plan that Will (with cardiologist Stephen Sinatra, MD).Ã Â

This is a GREAT book! I bought it for myself and found it so interesting and well done that I have given it to a number of my friends for gifts. It is beautifully arranged with color photos of veggies, fruit, spices, meat, and much more., with excellent descriptions of why these 150 selections were chosen as the healthiest foods. Anyone interested in nutrition, food in general, will find this a handsome addition to their culinary library. Items that are the preferred 'healthiest' are starred.I keep my book in the kitchen so I can reference it as I prepare, change, or add items in recipes. I will say that I have certainly expanded my food choices since buying my copy. My friends continue to give me rave compliments, too, as they also love this book by nutritionist Jonny Bowden. This book is certainly a learning experience in food choices. I also have some of Bowden's other books which are also well written, interesting and on a variety of health related topics. This book will be a great gift book for your food loving friends ... and make sure you buy one for yourself!

I let my kids (ages 7, 9 and 12) look through this book and pick new fruits and veggies to try. They love seeing what nutrients are in each food and looking for the ones they think would be best for them! As an adult I appreciate having this as a reference book and refer to it periodically for inspiration in living and eating healthy. It includes sections on Vegetables, Grains, Beans/Legumes, Fruits, Nuts/Seeds/Nut Butters, Soy, Dairy, Meat/Poultry/Eggs, Fish/Seafood, Beverages, Herbs/Spices/Condiments, Oils and Sweeteners.One of my favorite parts is that at the end of each section there is an "Expert's Top Ten" list included because everyone always wants to know what those who REALLY know about health and nutrition eat! Clear winners in these lists are blueberries, spinach, kale, nuts, broccoli, and wild salmon. There are also some surprises - coffee made two expert lists! It's really interesting (and informative) to see what the experts eat on a daily basis! Great book!

grat product

Super informative and unbiased.

A couple of years ago, I wanted to get to the next level with healthy eating and starting reading up on super foods. I changed a fair amount of my diet and then about a year ago, was recommended

this book. What I love about this book is it explains why foods are good for you and why they aren't, which allows me to make healthy choices. I keep a list of the foods in this book on my iPad so I can refer to it when I shop. After eating super foods for a couple of years, I didn't even get my usual cold this year. I'm completely sold on the benefits of healthy eating and this book!

This is more of a picture book and list than anything. Some interesting food info, but not the best reference book for healthy food information. Would not purchase again.

I'm still reading this book but it is so good so far that I can easily give it 5 stars.You will learn a ton about all food groups and why the author has labeled a food as on his 150 list. He also adds his runner-ups and some other people's list top 10 as well. He also frequently adds some food history.You will discover that grains aren't the most important to eat and why.Quinoa is actually a seed not a grain by the way.That virtually all fruits are good for you.How important fiber is.Why the common and lowly celery and apple are on his list.Why canned peas vs fresh or frozen is the least desirable way to eat peas and that the greener the pea, the better it is for you.etc etc etcOn some foods, he will give cooking and/or receipe ideas. A lot were combinations I had not thought to do.Every food item has a photo and on some Kindle apps I suspect these are in color. But even on a Kindle, I am able to "see" the color in my mind. These are very clear pictures and help a good deal with identification once you go shopping.

My husband and I have purchased about 5 copies of this book now because we liked ours so much we wanted to share it with friends and family. It is such a great guide for people who are new to the whole health food thing and are wondering what they should be eating. This was written in 2007 and I wish that he would come out with an updated version because there are some things that could be updated a little, but I think anyone who follows the advice in this book even just halfway is going to greatly improve their health. It's easy to understand and the photos are great. I can't say enough good things about it. Our copy is covered with highlighting and underlining. We pull it off the shelf to look things up at least once a week. Whenever a question about food comes up we say, "Let's see what Jonny has to say..." It has helped me lose 20 pounds so far and to feel great! It was worth every penny! I paid $25 for my first copy at Barnes and Noble so have been very happy with 's price on the other copies I've bought for other people. Amazingly, with all the use our copy has had, the binding has held up very well for a softcover book.

Download to continue reading...

The 150 Healthiest Foods on Earth, Revised Edition: The Surprising, Unbiased Truth about What You Should Eat and Why The 150 Healthiest Foods on Earth: The Surprising, Unbiased Truth About What You Should Eat and Why Most Effective Natural Cures on Earth: The Surprising Unbiased Truth about What Treatments Work and Why Why Should I Eat Well? (Why Should I? Books) The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best Power Foods: 150 Delicious Recipes with the 38 Healthiest Ingredients CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Whole Food: The 30 Day Whole Food Challenge Ã¢â ¬â œ Whole Foods Diet Ã¢â ¬â œ Whole Foods Cookbook Ã¢â ¬â œ Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) The Candida Control Cookbook: What You Should Know and What You Should Eat to Manage Yeast Infections (New Revised & Updated Edition) Scientology Exposed: The Truth About the World's Most Controversial Religion - An Unbiased Look at Scientology Why Should I Recycle? (Why Should I? Books) The Allergy Solution: Unlock the Surprising, Hidden Truth about Why You Are Sick and How to Get Well Duke Sucks: A Completely Evenhanded, Unbiased Investigation into the Most Evil Team on Planet Earth Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) The Real Food Grocery Guide: Navigate the Grocery Store, Ditch Artificial and Unsafe Ingredients, Bust Nutritional Myths, and Select the Healthiest Foods Possible The Sweet Potato Lover's Cookbook: More than 100 ways to enjoy one of the world's healthiest foods How We Learn: The Surprising Truth About When, Where, and Why It Happens Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It Eat Bugs. Not Too Much. Mainly With Plants.: Why Onion Is The New Apple And How Fiber Can Improve Your Health In Some Surprising Ways

Contact Us

DMCA

Privacy

FAQ & Help