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Jane Brody's Nutrition Book: A Lifetime Guide to Good Eating for Better Health and Weight Control

Jane E. Brody

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With calorie and nutrient charts, sample menu plans for special dietary needs, and over fifty delicious and healthful recipes—many Brody family favorites—*Jane Brody's Nutrition Book* is vital reading for everyone concerned with good eating and good health. A pleasure to read and to use, it will take its place on the bookshelf and in the kitchen, with other classic and indispensable books on food and health.

What is good nutrition? The answer to that question is the most important and widely discussed health-care and life-style issue of the day. Now Jane Brody has written the soundest and most comprehensive guide to nutrition yet available for the layperson. Among the many questions she answers are: Do we really need vitamin supplements? Is fast food junk food? What foods are best for our children? Is protein the vital ingredient in our diet or have carbohydrates gotten a bad press? And many, many other pertinent questions which are vital to this important issue.

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Michael Canton:

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