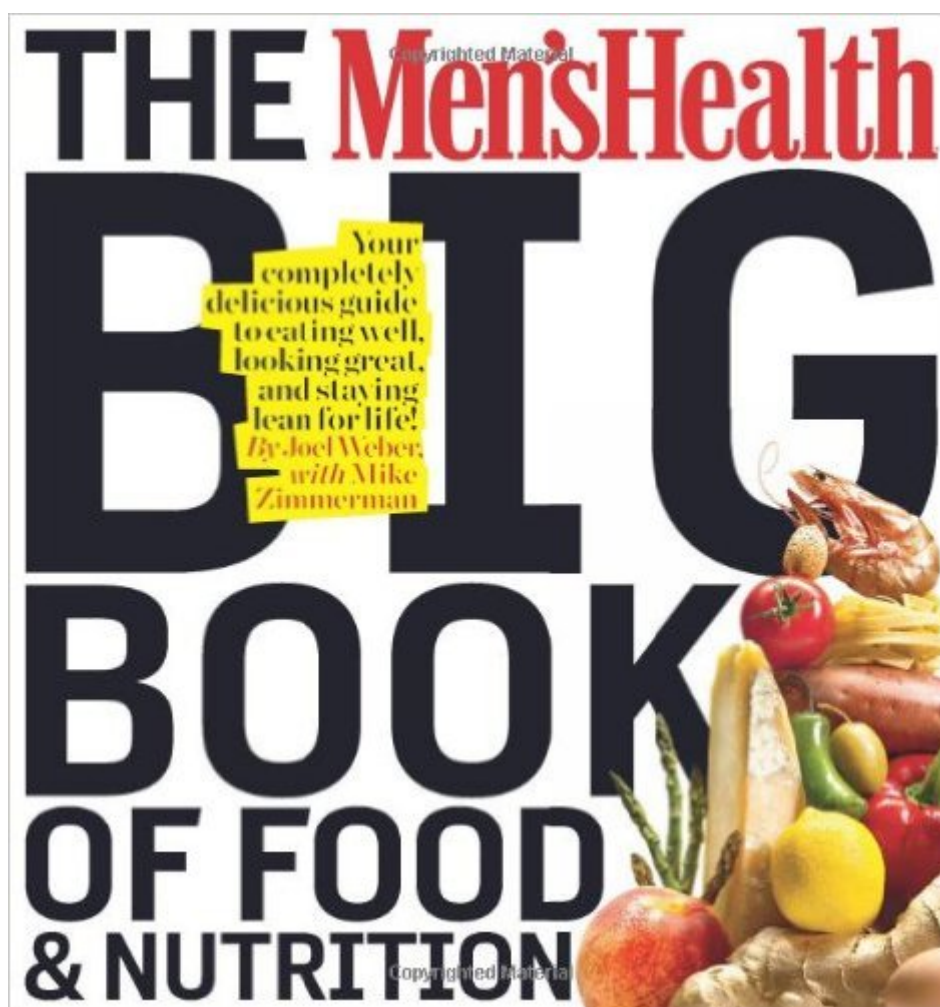


The book was found

The Men's Health Big Book Of Food & Nutrition: Your Completely Delicious Guide To Eating Well, Looking Great, And Staying Lean For Life!



Synopsis

In the aisles of the grocery store, the menus of chain restaurants, even in one's own refrigerator, confusion about how to eat right reigns: Is low-carb good or is carbo-loading the better way to go? Fat-free or sugar-free? And when did those dreaded eggs become a health food? Americans are hungrier than ever for clear-cut answers to their most perplexing food questions, but a private nutritionist or a membership in a diet club are expensive luxuries. What you really need is an authoritative, encyclopedic source at your fingertips. The Men's Health Big Book of Nutrition is the ultimate guide to shopping, dining, and cooking for bigger flavor-and a leaner body. It answers the ongoing demand for definitive information about the food we eat and taps into a readership hungry for final-word answers. Based on the same format as the hugely successful The Men's Health Big Book of Exercises and filled with easy-to-swallow eating strategies-and backed by groundbreaking studies and interviews with the world's most authoritative nutrition researchers-The Men's Health Big Book of Food & Nutrition - by Joel Weber with Mike Zimmerman - will help you discover just how easy it is to unlock the power of food and stay healthy for life.

Book Information

Paperback: 400 pages

Publisher: Rodale Books; Original edition (December 21, 2010)

Language: English

ISBN-10: 1605293105

ISBN-13: 978-1605293103

Product Dimensions: 7.9 x 0.8 x 8.4 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (97 customer reviews)

Best Sellers Rank: #25,377 in Books (See Top 100 in Books) #32 inÂ Books > Health, Fitness & Dieting > Men's Health > General #332 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

Our grocery stores and restaurant menus are filled with so much bad food these days it can be quite hard to eat healthily and stay fit. Further complicating the matter is a never-ending torrent of diet trends, leaving unsure as to which to follow. This book has a lot of simple, workable advice on how to lose weight and get in shape by eating a balanced, but not overly strict, diet. I liked the list of healthy foods to include in my diet and the spot-on explanation of the proper use of carbs, proteins, and fats. This book debunks some common diet and nutrition myths, such as why eating eggs won't

raise your cholesterol, why a rib-eye won't raise your risk of heart disease, and why fish isn't always the healthiest choice on the menu. This book has a good collection of recipes of tasty food that helps you lose weight without feeling like you're "dieting." I did, however, find some of them a bit hard to prepare as I'm not a whiz in the kitchen. All in all, I'm glad I got this book. P.S. I also highly recommend Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (The Lean Muscle Series) if you're looking for a complete training and nutrition program for building muscle and losing fat as quickly as possible. This book really breaks it ALL down and debunks a bunch of nonsense out there.

If you haven't picked this book up yet, do yourself a favor and get it. There are a lot of simple facts that will help you make the proper nutritional choices throughout your day. This book is not a cure-all, but it will definitely get you on the track to eating well and feeling great. This book debunks many of the 'I heard...' -type facts about food. The food list in the middle of the book is great. Definitely pick up this book!

Great book with a lot of helpful info. But as the other reviewer noted there is no specific nutrition plan, although there are some general nutrition recommendations, which are easy to follow. I started to follow some of them and joined the gym (I used Big book of exercises to create workout plan) and as far as I can tell it works. Not feeling deprived I lost 8-10 pounds in a month although I did not have much of extra weight (Before that I had been doing some exercises at home and had eaten what I thought right but apparently I had been overlooking several things.) The only drawback for me is that recipes section could contain more of less sophisticated recipes for the a guy like me who does not really have much of cooking experience.

Seriously I can't get enough of this book. I bought it on a whim as a reference for my new foray into healthful eating. I kept looking up food nutritional facts and liked the idea of them all being in one easy-to-find place. This book is so much more than that. It starts off with a huge section of frequently asked questions. You can literally read through these, learning fact after fact after fact. It covers all ranges of topics from food choices, water consumption, healthful benefits in food, etc. This book also includes tons of information about food labels, starting a diet, etc. The bulk of this book is a list of the Healthiest Foods. Each one has a big colorful picture and their nutritional facts. Tons of food is listed, including fruits and vegetables, breads and grains, spices and herbs, and meats and cheeses. The back is full of recipes - a large amount of them look delicious and I can't wait to start

trying them. My chief worry was that it would be predominately geared toward men. This wasn't a problem. Only a handful of times did I even notice something geared toward men, usually in the questions section in the beginning. It was never an issue. I am definitely more interested in the Men's Health/Women's Health books and will look into the others.

This book is full of good information about the foods we eat, and the eating habits we practice. It offers practical advice to those looking to become more conscious about their food choices. Learn why certain foods are healthy, why most diets fail, and how to overcome this and eat a healthy diet.

Awesome book for recipes and dinner ideas.- Healthy & Delicious Dinner Recipes- Informative- Thorough, lots of information And it's done by Men's Health, awesome book!

What a very obscurely designed book... It has the most random organizations and info table and it skipped to recipes after awhile.... It has pretty pictures but makes me think of... It's like the book was written and designed by a designer and not a nutritionist or dietician... I mean if you want a pretty book to start with I guess this is the one to go... It just cannot be your only source because you will look like you don't know what you are doing but only pretending to be...

Yes this book will take you back to the basics but it is a great read. It has a vast list of all foods organized by category and includes their nutritional information. The beginning of the book has a lot of Q & A that you may or may not already know but still good to refresh yourself for when you go shopping for food, and the end of the book has some great recipes that are sophisticated but easy to prepare. I would recommend this book as a must have for any Food or Fitness library.

[Download to continue reading...](#)

The Men's Health Big Book of Food & Nutrition: Your completely delicious guide to eating well, looking great, and staying lean for life! Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Vegan

Eating: 31 Steps to Become a Vegan: It is not Just About the Food - You Want to Be Healthy, Fit and Change your Diet. Here's How you do It (Health, Vegan Food, Green and Lean) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) ROAR:Â How to Match Your Food and Fitness to Your Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin) Food Politics: How the Food Industry Influences Nutrition and Health (California Studies in Food and Culture Book 3) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Staying in Love Participant's Guide: Falling in Love Is Easy, Staying in Love Requires a Plan Krause's Food & the Nutrition Care Process (Krause's Food & Nutrition Therapy) Looking Forward, Looking Back: A Hitchhiker's Guide to Research on Social and Sustainable Investment ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1)

[Dmca](#)