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Autore	Brown Judith E
Titolo	Everywoman's guide to nutrition // Judith E. Brown
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ISBN	0-8166-5544-8 1-4356-0608-6
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Descrizione fisica	1 online resource (382 p.)
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Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 333-350) and index.
Nota di contenuto	Contents; Acknowledgments; Preface: The ""Healthier"" Sex; 1 Health and the U.S. Diet; 2 The Nutrition Test; 3 The Inside Story of Nutrition; 4 Healthy Eating: Achieving the Balance between What Tastes Good and What Is Good for You; 5 A Look at Carbohydrates, Proteins, and Fats; 6 Basic Truths about Vitamins and Minerals; 7 Nutrition and the Prevention and Management of Disease throughout Life; 8 What Works for Weight Control; 9 Women Sweat: Nutrition, Physical Fitness, and Performance; 10 When Slimness Is Everything: Eating Disorders; 11 Nutrition and Reproduction 12 Diagnosing Nutrition Misinformation 13 Recipes for Good Eating; Postscript; Appendixes; References; Index
Sommario/riassunto	Everywoman's Guide to Nutrition was first published in 1991. This comprehensive, practical book, based on Judith Brown's considerable experience as a nutrition counselor, teacher, and researcher, is a resource women can turn to with confidence for information on nutrition and healthy eating. The author has talked extensively with women to identify the nutrition information they are looking for, and has tailored this book to meet their needs. Fertility, pregnancy, and breast-feeding are discussed, as are the prevention and treatment of obesity, heart disease, cancer, PMS, osteoporosis, and othe

