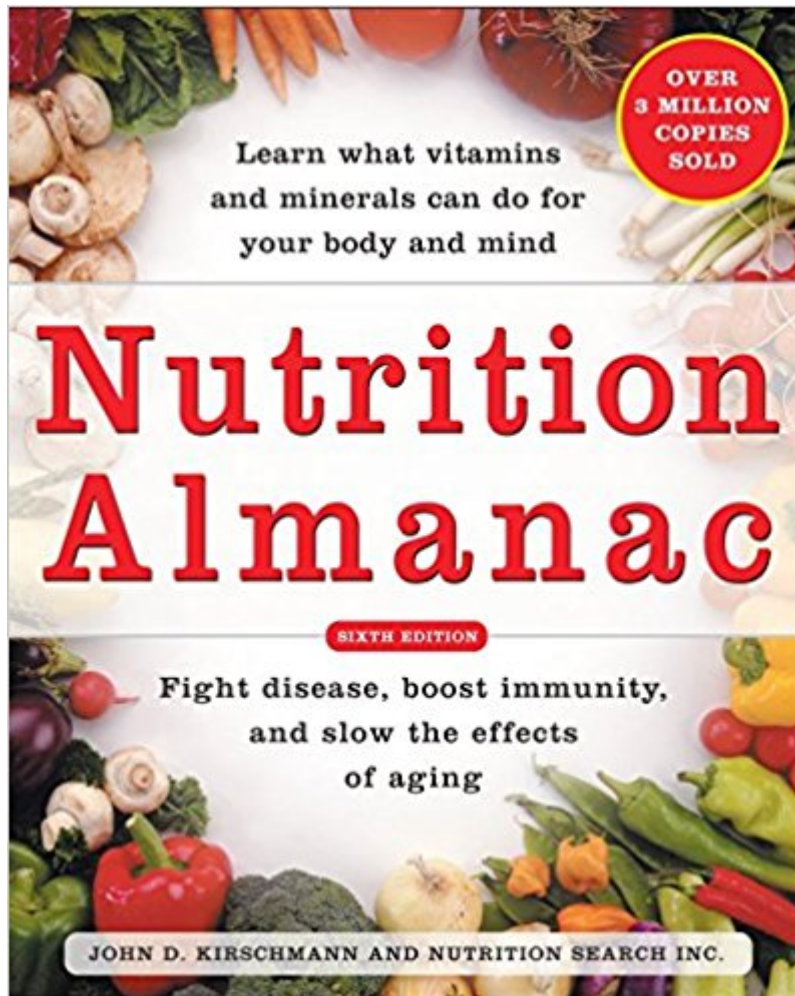




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# Nutrition Almanac



## Synopsis

Take charge of your well-being, improve your health, feel younger, and live longer The Nutrition Almanac offers you reliable information based on the latest scientific discoveries as well as an expanded section on essential vitamins and minerals and their amazing benefits. All the nutritional information you need is here, so enhancing and maintaining good health is easy! Eat better. Live longer. Learn how what you eat can affect more than 100 common ailments Discover rich sources of vitamins and minerals in foods at your supermarket Understand the difference between good fats and bad fats Get practical information on the benefits of antioxidants and phytonutrients in food Find out which food ingredients and additives to avoid

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (70 customer reviews)

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## Customer Reviews

When I ordered this book, I was anticipating giving away my old 4th edition for a new one with improved information. NOT SO!The tables, the heart and soul of the book, have fewer foods and not more than the 4th edition. In a display of ignorant cost cutting, Carb counts for grains such as rice are given per cup of RAW not cooked product - same for macaroni whereas the 4th edition gives raw and cooked values. This alone makes it not worth the money but scattered throughout are foods that were there for 4th edition but are now gone.The publisher probably saved money by eliminating pages but I can no longer recommend this book to friends; I advise them to not buy it but get a copy of the 4th edition instead.

I purchased the Nutrition Almanac, 2007 edition from .com. I bought a copy of the Nutrition Almanac over 30 years ago (1979 edition). I used it religiously over the last 30 years. It became so tattered that I finally bought a new one this year (2007 edition). Although the newer edition does have updated information in it, I am going to have to get used to the new layout. The older version was in a more bulleted type of paragraph format, making it easier to find relevant information, such as benefits of a nutrient, toxicity, and sources of the nutrient. The lump paragraph format makes it hard to find what I need. I am going to use a yellow highlighter to bold the food sources of the nutrients. What I do like much better, and the reason I rate the new version a 4-star, is that the nutrient listings for the various foods in the back of the book are much easier to read vertically, instead of horizontally like in the older version. The new Nutrition Almanac, with its bright colorful cover, looks much better than my old, tattered one. After I get used to the new format, I will probably love it as much as my old Almanac.

I have had my Nutrition Almanac for over thirty years. This updated book gives you just about all you need to plan nutritious meals that help keep the whole family healthy and also address certain ill-health manifestations. The information is brief but very informative, and the food vitamin and mineral content indexes are terrific. For example: I know someone with a blood clotting problem in their legs. They are prescribed drugs for blood thinners; and then told if they fall and cut themselves, they might die due to loss of blood. Cauliflower contains a good portion of Vitamin K, the vitamin that assists to stop bleeding. And there is a myriad other references that can help you nutritionally. What I do is check my symptoms on the Internet; and from there chose the supplements and foods that should help me. Of course, I believe in doctors, but if you read the side-affects of almost all drugs, they are bad. So for myself, I have chosen to try and be completely prescription free - who knows, maybe I'm just cheap - but I don't want to open a medicine cabinet full of costly pills that all have bad side-affects. So I refer to my Nutrition Almanac and the Internet and so far so good.

my boyfriend has the 5th edition, so thought i'd go for the newer version. comparing this version to his, i miss the tables and 'highlighting' which makes it much more readable. have since purchased the 4th edition, which appeared to be even better than the 5th edition. it has the tables summarizing things and is more user friendly.

This is the third edition of the Nutrition Almanac that I have purchased over the years. I find it an extremely valuable reference guide that I consult frequently. It has extensive information on

vitamins, minerals, nutritional content of all the basic foods, health issues etc. It now also includes information on homeopathic remedies for a number of medical conditions...a welcome addition!! highly recommend this book to anyone who is interested in health and nutrition.

Everybody should have "Nutrition Almanac" as a reference book to find information on food, it's function in the human body and its effect on your health. Concise and properly organized, it seems to contain all that one should know about nutrition.

the information in this book is so interesting and extensive. It is written so that anyone can understand it so the knowledge can easily be used in everyday life. I have recommended it to my friends.

I have always had a copy of Nutrition Almanac in my home. Some I loaned to friends or family and never had them returned. On accident I gave my last one to a book drive. I have given more than one as a gift. I'm not certain but I believe I purchased my first one in the sixties. I could be wrong. The cover of this one seemed to bring back a recollection of the first copy. I am not a fan of the newer editions. When I see the term "new and improved" I cringe. Never, is "new and improved" better. I like familiar. If it isn't broke, don't try to fix it. Throw the new ones out and bring back the original.

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