



The Food Bible

Judith Wills

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The Food Bible presents the facts consumers need to eat well throughout their lives and demonstrates how to combine healthful ingredients to create delicious meals. From an invaluable look at the "super-foods" that provide essential nutrition and protection against serious diseases, to special plans for weight control, to suggestions for satisfying a wide range of needs and taste preferences, *The Food Bible* features:

- * **Dozens of tips on what to eat -- and what to avoid -- if you suffer from allergies, digestive problems, insomnia, PMS, arthritis, and other common ailments**
- * **No-nonsense evaluations of seven popular dieting methods; three customized dieting plans; and a four-week course in getting and staying slim**
- * **100 recipes, with complete nutritional breakdowns, for everything from snacks and soups to main courses and desserts**
- * **At-a-glance reference charts covering more than 350 foods and including information on fat, calorie, and cholesterol content, fiber and sugar content, and much more**

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