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Total Nutrition: The Only Guide You'll Ever Need - From The Mount Sinai School of Medicine

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Facts are healthier than fads. New myths and theories about nutrition splash across the headlines every day. Americans spend over $12 billion a year on worthless-even dangerous-nutrtion products. *Total Nutrition* replaces fads and ignorance with scientific fact.

"A feast of information," says *USA Today.* What's the best way to give a baby a healthy start? What is the right diet for someone with diabetes or heart disease or arthritis? Do sugar and food additives make children hyperactive? Can foods and vitamins protect against disease? How do foods and medicines interact? What weight-loss diet is both safe and effective? What should an athlete eat for top performance?

The thinking person's guide to nutrition: With forty-one chapters packed with expert medical advice and over two hundred tables, illustrations, and sample menus, this book gives the clear, authoritative answers to all of these questions and more. As fitness broadcaster and columnist Gabe Mirkin, M.D., says, "It is so full of solid scientific information about food that everyone should own a copy."

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