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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

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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 a while.... 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.

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