



**The Men's Health Big Book of Food & Nutrition:
Your completely delicious guide to eating well,
looking great, and staying lean for life!**

Joel Weber, Mike Zimmerman

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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.

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