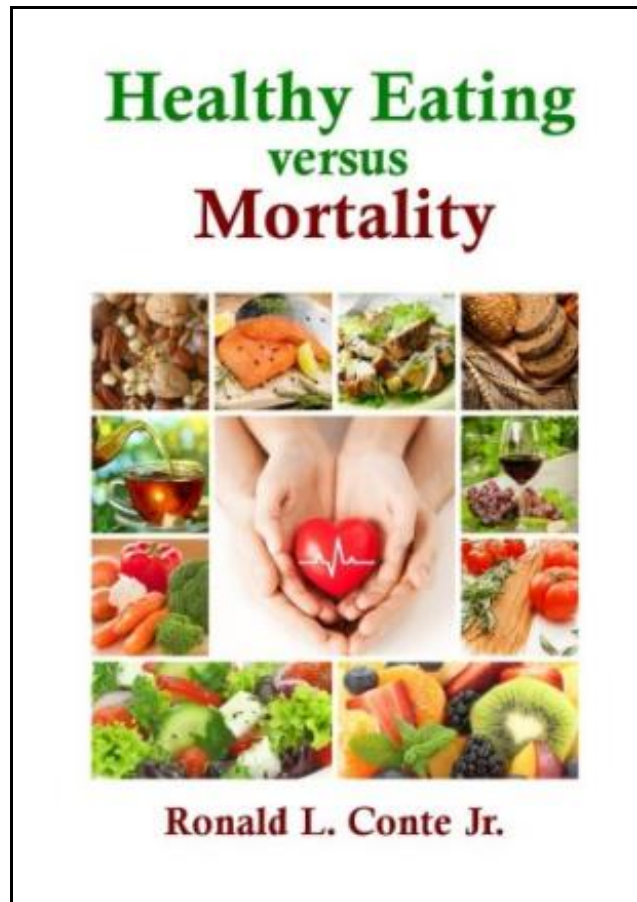# Healthy Eating Versus Mortality (Paperback)

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Reviews

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HEALTHY EATING VERSUS MORTALITY (PAPERBACK)

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.So you ve decided to eat healthier. Where do you start? Almost any reputable source will tell you to eat more fruits, vegetables, and whole grains, less saturated fat and red meat, more lean poultry, fish, and low-fat dairy. To my mind, that type of recommendation is a good start, but it s just not specific enough. Which particular fruits and vegetables are best? How much dietary fat, protein and carbs should you eat and in what proportions? Which are the best food choices and most effective health supplements, based on the latest medical research? This book is the result my personal search for the answers to those questions. I hope you will find it useful in your life as well. Physicians and scientists have been doing studies on the link between diet and health for as long as medicine has existed. But in the last 20 years or so, new insights have emerged, revealing particular foods and their remarkable health benefits. The research is on-going and most of the conclusions are not absolute or definitive. Further research may modify our understanding of the relationship between food and health. But this book presents a window into current research on the healthiest food choices. To be clear, this is not a weight-loss program or a dieting book. The book does not offer a weekly meal plan or a simple set of dieting rules to follow. There are no recipes or photos of delicious foods. It s not an exciting new fad diet. Instead, this book offers a description of the components of a healthy diet, including specific foods and supplements shown by recent scientific studies to offer the greatest...

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