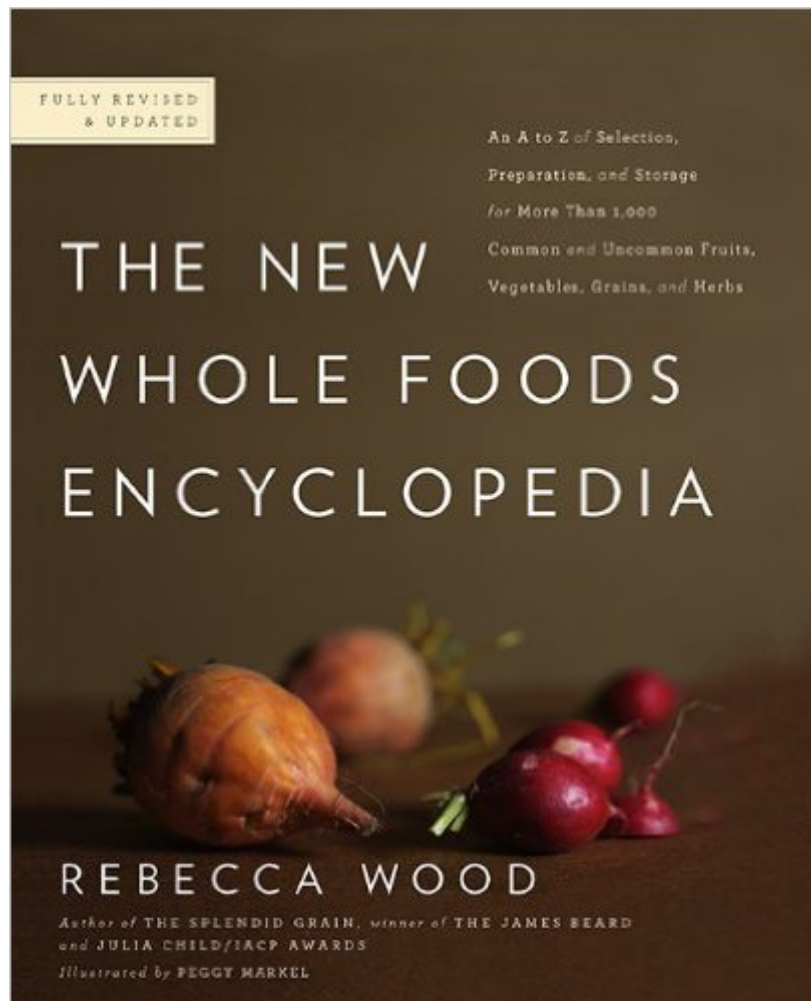


The book was found

# The New Whole Foods Encyclopedia: A Comprehensive Resource For Healthy Eating



## Synopsis

The bible of nutritional eating-now fully updated for the twenty- first-century kitchen The average American's awareness of the relationship between diet and mental and physical well being has virtually exploded since The New Whole Foods Encyclopedia was first published in 1983. There has never been a greater selection of whole foods available at even a typical grocery store-but the choices can often be dizzying. This new edition shows consumers how to select, prepare, store, and use more than 1,000 familiar and unusual foods to maintain optimum health and heal what ails them. Readers of Michael Pollan and Eric Schlosser- as well as anyone concerned about the quality of the food they ingest- will make this the go-to resource on good nutrition. This updated edition of The New Whole Foods Encyclopedia includes: ?More than two hundred new entries ?A new index featuring home remedies ?Line drawings illustrating unusual foods ?Resources for hard-to-find foods ?A fully cross-referenced format with sidebar recipes throughout

## Book Information

Paperback: 480 pages

Publisher: Penguin Books; Revised, Updated ed. edition (April 27, 2010)

Language: English

ISBN-10: 0143117432

ISBN-13: 978-0143117438

Product Dimensions: 7.4 x 1 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (62 customer reviews)

Best Sellers Rank: #269,627 in Books (See Top 100 in Books) #75 inÂ Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #366 inÂ Books > Reference > Encyclopedias & Subject Guides > Cooking #372 inÂ Books > Health, Fitness & Dieting > Reference

## Customer Reviews

I was aware when I bought this that it wouldn't be quite what I wanted: I was looking for an encyclopedia of staple foods with basic background information, nutritional information, purchasing and storage guidelines, and general cooking recommendations, etc. I knew this would be much more New Age-y than I wanted, but it seemed to be the nearest thing available. (I guess I'll have to compile my own.) I do like it and will keep it, but will be looking for other sources to supplement it. There is a lot to like about this book, but I wish the author had conflated less the nutritional and mystic properties, and given more concrete information. The book is actually less informative than it

appears because it fails to provide any solid basis for the statements it makes about foods' properties, even nutritional properties that should have been easy to quantify and qualify. It's often vague about the food's properties and not clear if the attributed benefits are physical or metaphysical. (I will not comment on her information regarding mystical properties because that is not what interests me.) As an example: She notes that beans are filling and relieve constipation but doesn't finish the idea and add that it is because **\*\*they are good sources of protein and fiber\*\***. She finally does mention that they are high in fiber, but it's a paragraph later and she doesn't really connect this to their health benefits. I also would have to question some of the stated benefits: I'm not sure I'd eat a lot of blackberries to alleviate diarrhea. I'll agree that blackberries may have nutrients that could do so, but I suspect that they would be overpowered by the fruits' fiber, with potentially uncomfortable results.

[Download to continue reading...](#)

Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Whole: The 30 Day Whole Food Diet CookbookÃÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet CookbookÃÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet CookbookÃÂ© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book

1) Cooking the Whole Foods Way: Your Complete, Everyday Guide to Healthy, Delicious Eating with 500 Vegan Recipes , Menus, Techniques, Meal Planning, Buying Tips, Wit, and Wisdom Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys - Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) The Clean Eating Cookbook: 101 Amazing Whole Food Salad, Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet (Free Quinoa Recipes) (Healthy Eating Made Easy Book 5) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series)

[Dmca](#)