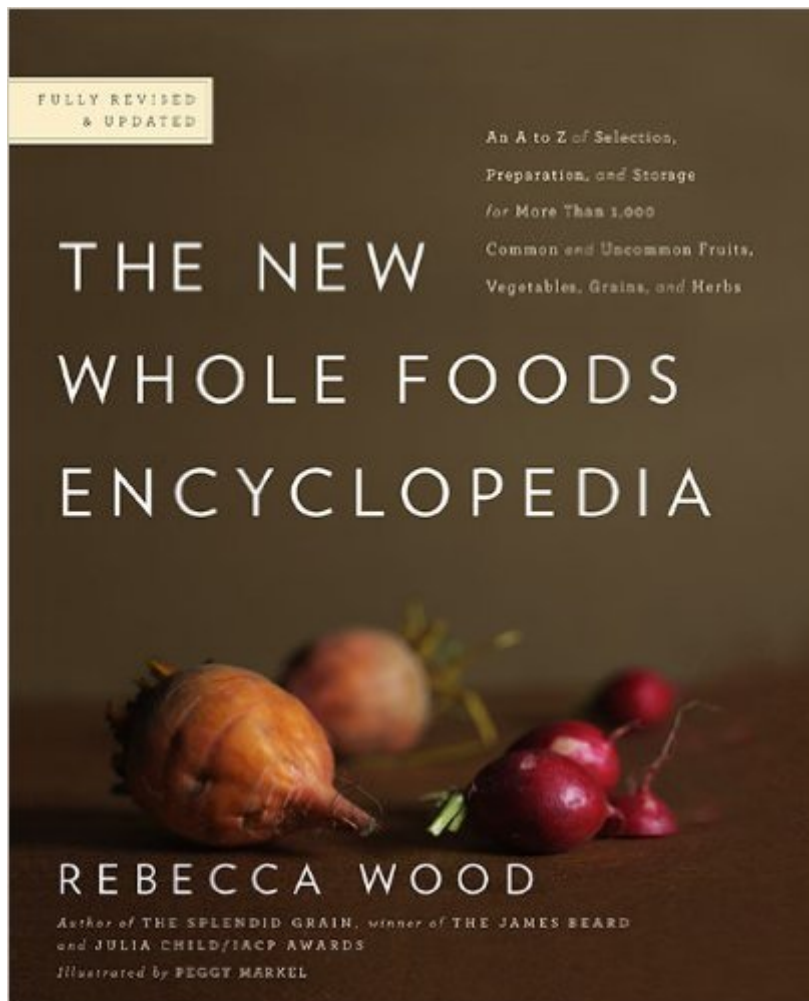


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# The New Whole Foods Encyclopedia: A Comprehensive Resource For Healthy Eating



## 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

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

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## 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.

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