



Understanding Food & Nutrition (Revised edition)

By Joan Gandy

Family Doctor Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Understanding Food & Nutrition (Revised edition), Joan Gandy, The food you eat has a strong influence on your health and on your chances of developing heart disease and some types of cancer. This book is aimed at people who are basically healthy, to help them understand nutrition and choose a diet that will keep them in good health. The book provides an overview of nutrition, explaining the process of digestion and your need for energy, protein, fat, carbohydrates, vitamins and minerals. These sections include the science of nutrition, good food sources and links with illnesses. The book will help you make informed choices about your diet, and explain how to make sense of the nutritional labeling on food packets.

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