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By Jonny Bowden



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A complete guide to the healthiest foods you can eat - and how to cook them!

Why get your nutrients from expensive supplements when you can enjoy delicious, nourishing foods instead? From almonds to yucca, readers will find out what nutrients each of the 150 featured foods contains, what form contains the most nutrients, if it's been recommended to combat any diseases, where to find it, how to prepare it, and how much to eat - plus wonderful recipes using these sometimes obscure foods! Indexes by nutrient, by disease, and by food make finding what you need a snap, and the at-a-glance format makes the information as easy to digest as the foods themselves.



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Editorial Review

About the Author

Jonny Bowden, Ph.D., C.N.S., also known as The Nutrition Myth Buster, is a nationally known, board-certified nutritionist and expert on diet and weight loss. He has appeared on the Dr. Oz Show, Fox News, CNN, MSNBC, ABC, NBC, and CBS and has contributed to articles in the *New York Times*, *Forbes*, *the Daily Beast*, *Huffington Post*, *Vanity Fair Online*, *Men's Health*, *Prevention*, and dozens of other print and online publications. He is a popular speaker who presents at both academic and consumer events all over the world.

Dr. Jonny is the best-selling author of fifteen books, including *Living Low Carb* (now in its fourth edition), *Smart Fat* (with Steven Masley, M.D.), and the controversial best-seller, *The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Plan that Will* (with cardiologist Stephen Sinatra, MD). He lives in Los Angeles, is an avid tennis player, and shares his life with Michelle Mosher, Zoe Hochanadel and Jade Hochanadel, Bubba, Lucy, Emily, Luna, and nine fish.

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