



The Antioxidant Pocket Counter: A Guide to the Essential Nutrients That Help Fight Cancer and Heart Disease

Becker, Gail

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Antioxidant Pocket Counter

Annette B. Natow, Jo-Ann Heslin

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

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Antioxidant Pocket Counter Gail Becker, 1994-03 This first of its kind guide contains easy to read charts and condensed information that lists the amounts of vitamins A C and E beta carotene fiber and saturated fat in each serving of almost any food and explains how to obtain a good job The Antioxidant Counter Mariza Snyder, Lauren Clum, 2011-02-08 SUPERCHARGE YOUR DIET WITH ANTIOXIDANT PACKED FOODS Based on the groundbreaking ORAC Oxygen Radical Absorbance Capacity scale this handy guide presents easy to understand antioxidant scores for hundreds of foods It is specially designed to show which nutrition loaded foods offer the greatest healing power and how to include more of them in your diet Clear Easy to Read Charts Delicious Antioxidant Rich Recipes Explanation of ORAC Scores Check the book's charts for yourself and see how an apple Check the book's charts for yourself and see how an apple gives you five times the antioxidants of a banana Or how topping pasta with broccoli and bell peppers instead of zucchini and tomato offers an amazing ten fold increase *The Antioxidant Pocket Counter* Gail L. Becker, 1993 The first guide to list the amount of crucial nutrients known as antioxidants vitamins A C E and beta carotene that have been shown to reduce the risk of chronic disease Studies show that these may be the best dietary defense against cancer heart disease stroke cataracts and more and now a leading nutritional expert offers top recommendations in a handy pocket reference Includes sample menus and cooking tips

The Ultimate Carbohydrate Counter Annette B. Natow, Jo-Ann Heslin, 2004-12-28 Two noted nutritionists help readers sort through the carbs that are best for them in this revised guide Contains more than 15 000 listings of brand name foods generic foods and restaurant selections with information on carb and sugar content and portion size Reissue

The Protein Counter Annette B. Natow, Jo-Ann Heslin, 2003-01-28 Two nationally recognized nutrition experts provide readers with the most up to date information to calibrate the best protein balance in their diets based on activity level age weight and overall health Includes protein fat carbohydrate and calorie values for 15 000 brand name and generic foods Reissue

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