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[Nutrition For Dummies](#)

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by making healthy choices.

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Good nutrition is the key to a healthy weight and lifelong good health—no matter how you slice it. This all-encompassing, updated guide shows you how to manage your diet, put together a nutritious shopping list, prepare healthy foods, and easily cut calories. You are what you eat—so get ready to eat your way to good health!

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Nutrition - dummies

Nutrition For Dummies, 6th Edition is a one-size-fits-all guide to

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nutrition that shows you how to manage your diet so you get the most bang for your buck. This book gives you the know-how to put together a shopping list, prepare healthy foods, and easily cut calories.

Nutrition For Dummies - Basic Nutrition Tips

About the Author Carol Ann Rinzler is a noted authority on health and nutrition and holds an MA from Columbia University. She has written a nutrition column for the New York Daily News and is the author of more than 20 health-related books, including Controlling Cholesterol For Dummies, Weight Loss Kit For Dummies, and the highly acclaimed Estrogen and Breast Cancer: A Warning to Women.

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Macronutrients are the three main nutrients needed in large amounts: carbs, fats and protein.

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