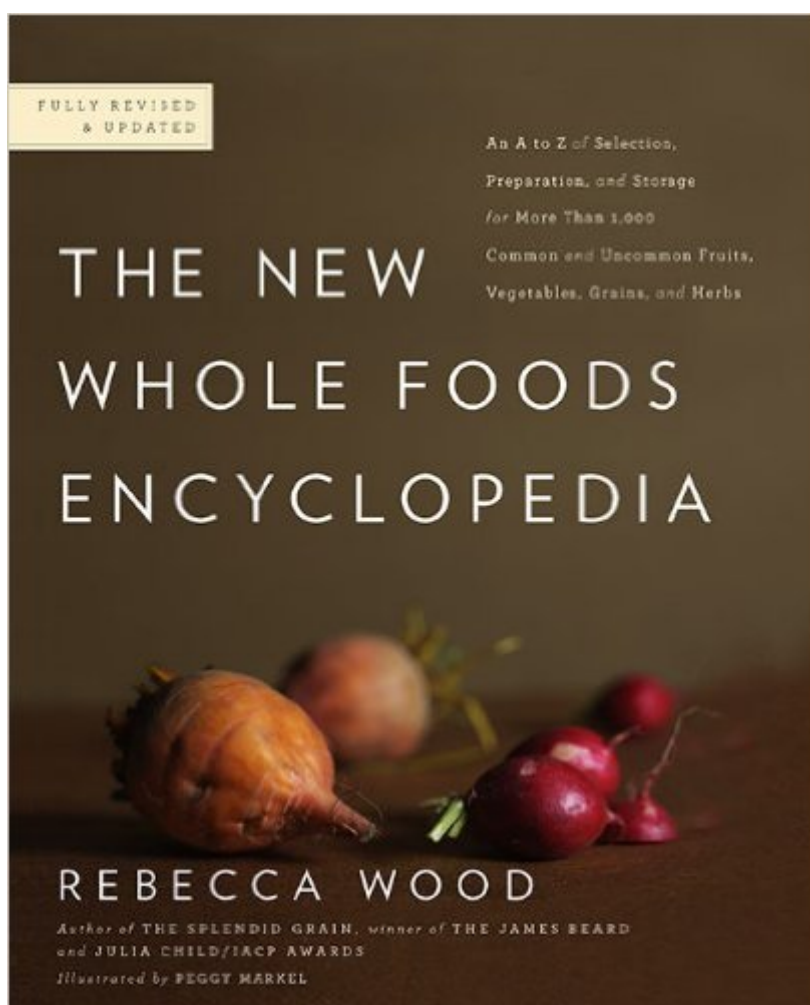


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# The New Whole Foods Encyclopedia: A Comprehensive Resource For Healthy Eating



## 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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## Customer Reviews

Rebecca Wood has served as an educational consultant to the natural foods industry for fifteen years. She is co-founder and Director of the macrobiotic East-West Center in Boulder, Colorado, and the author of The Splendid Grain and Quinoa the Supergrain.

If you like eating Whole foods, and want to get vitamin and mineral information, how to choose a ripe food, what the food is used for medicinally etc. this is your book. I had the first edition and wore

out the pages, so this is my second copy. I have given it as a gift to many, many, many people.

I checked this book out of our local library and was so impressed with the information provided I had to purchase. Found an excellent used copy through . If you are interested in what you are taking into your body- then you will find this Encyclopedia a very valuable tool. The author offers descriptions that include traditional medicinal and nutritive benefits of whole foods and in addition- their relation to the Ayurvedic system of health. I found the author's personal asides and recipe suggestions a charming bonus- this New Whole Foods Encyclopedia by no means reads like a dry reference tome but more along the lines of a compendium of excellent information compiled by an old friend.

I was hoping for more information along the lines of specific nutritional content and colored photographs. A little too brief for me. It's a good general resource, but I think I prefer World's Healthiest Foods by George Mateljan.

Amazing reference for anyone obsessed with nutrition and wellness. Even if you aren't, having this on hand to know what foods support your healthy and wellness will set you up for success.

A wonderful resource for cooking, eating, or just entertainment. Literally a real food encyclopedia with splendid amounts of information including history, medical uses, tips on purchasing, etc. Invaluable asset to any kitchen; highly recommend!

If you are looking to know everything about what you eat get this book. This book is a must have for food lovers. It has how to store food, nutritional sources, Ayurveda information, Chinese Medicine, medicinal qualities and properties of foods, and much more. It is a complete and fascinating book to read.

This book really is so unbelievably useful. Great go-to guide for all things fruits, vegetables etc.....If you wanna know why this fruit or that veggie is good or bad for you, or what fruit has lots of vitamin C etc then this is the book you want

Extraordinary work went into this book, which I consult almost every day. Very, very useful and wise!

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Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Whole: The 30 Day Whole Food Diet Cookbook - (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Whole: 29 Days Of Whole Eating And Top 50 Unique Paleo Inspired Recipes-Reset Metabolism And Lose Weight By Eating Whole Food Diet Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Paleo Cookbook: 30 Healthy And Easy Paleo Diet Recipes For Beginners, Start Eating Healthy And Get More Energy With Practical Paleo Approach, Create Your ... And Vegan Whole Foods Recipes Book 2) 30 Day Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes; Pictures, Serving, and Nutrition Facts for Every Recipe! Fast and Easy Approved Whole Foods Recipes for Weight Loss 30 Day Whole Food Slow Cooker Challenge: 100 Whole Food Slow Cooker Recipes with Photos and Nutrition Info for Every Meal; Approved Whole Foods Recipes for Rapid Weight Loss 30-Day Whole Food Slow Cooker Challenge: Whole Food Recipes

For Your Slow Cooker – Fast ,Delicious and Easy Approved Whole Foods Recipes for Weight Loss! Whole Foods: A 30 Day Whole Foods Challenge to Lose Weight, Boost Metabolism and Prevent Diseases The Whole Foods Plant Based Diet: A Beginner’s Guide to a Whole Foods Plant Based Diet

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