

Eating on the Run (Paperback)



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(Dr. Porter Mitchell)

EATING ON THE RUN (PAPERBACK)



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Human Kinetics Publishers, United States, 2003. Paperback. Book Condition: New. 3rd Revised edition. 251 x 178 mm. Language: English . Brand New Book. Work, social, and family commitments often make it difficult to fit tasty and healthy food choices into your diet. In *Eating on the Run*, Evelyn Tribole solves your dieting dilemma using her proven expertise concerning all foods, savory and sweet. Divided into four parts for easy reference, *Eating on the Run* presents the latest and best information on the following issues: -Smart food choices for you and your family-Eating options for managing weight-Strategies for speedy grocery shopping--including sample shopping lists-Healthful eating away from home, whether at work, at a restaurant, in your car, or at the airport-Nutritional values for common fast foods-Eating and ordering ethnic cuisine-Dietary decisions relative to hypertension, high cholesterol, and heart disease-Diets and supplements, with advice on today s most popular programs, including liquid meal replacements and high-protein diets such as the Atkins and Zone diets-Easy meal preparation, including recipes and tipsEvelyn Tribole is the nation s leading nutritionist for busy people who want to remain healthy and trim. A former nutritional adviser for Good Morning America and the American Dietetic Association, she s been a columnist for SHAPE and has written several books on nutrition. She also juggles work, family, and frequent speaking engagements--so she knows firsthand just how hectic life can get. Her experience and strategies will help you avoid flavorless, fast-fried choices and eat great while on the go.



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