



Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes for Overall Wellness) (Paperback)

By Paul M. Gross

McGraw-Hill Education - Europe, United States, 2009. Paperback. Condition: New. Original. Language: English . Brand New Book ***** Print on Demand *****. Paul Gross, the Berry Doctor, gets beyond the marketing hype on superfruits. By looking at nutrient density, research support and popular appeal, Gross delivers a cornucopia of offerings that can easily enhance well-being. Further, he includes ideas to add the nutrient-rich fruits into the diet, whether via simple suggestions in the breakdown of each offering, a list of the types of products to look for in the supermarket, or by following the creative recipes. Gross enables readers to make proactive choices to enhance their own health. --Heather Granato, Group Editor, Virgo Publishing Dr. Paul Gross has done an excellent job. This book will be an important resource for informing the public about the health effects of fruits. -Gary Stoner, Ph.D., Comprehensive Cancer Center, Ohio State University Dr. Paul Gross s straightforward and well-documented book provides strong direction and clear-cut answers for consumers, based on well-reasoned research and compelling evidence. His use of readily-understandable superfruits criteria and a `points system for rating health-beneficial fruits is a welcome answer to consumers seeking the best choices for themselves and their families....



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Reviews

This book is definitely not easy to get going on reading but extremely entertaining to learn. It is actually filled with knowledge and wisdom I am very easily will get a delight of reading a composed ebook.

-- **Krystina Breitenberg**

The book is simple in read safer to comprehend. It is written in straightforward words and phrases instead of confusing. You won't truly feel monotony at anytime of your time (that's what catalogues are for concerning in the event you request me).

-- **Brannon Koch**

Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes for Overall Wellness). 241 Pages Â· 2009 Â· 2.86 MB Â· 180 Downloads Â· English. by Paul M. Gross. Preview. Download. Buy paper book Convert (EPUB, MOBI) Sent to Email Sent to Kindle Report.Â . Recognizing that need, the IC has been actively seeking ways to improve its performance and expand its Meditation For Dummies 4th Edition. 303 PagesÂ·2016Â·3.53 MBÂ·79,500 DownloadsÂ·New! Nuclear Physics: Exploring the Heart of Matter. 276 PagesÂ·2013Â·672 KBÂ·87,131 DownloadsÂ·New! accelerators, where strong forces are the dominant interactions, as well as the nature of neutrinos. Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes for Overall Wellness) Paperback â€œ October 22, 2009. by. Paul M. Gross (Author).Â I've found Superfruits to be a great go-to guide for finding the best fruits for my health needs. I feel healthier and more educated about what I'm consuming--both wins in my book. Read more. Tips for the best ways to eat and shop for superfruits, including a section on how to incorporate superfruits into a Mediterranean diet. 75 delicious recipes for smoothies, salads, desserts, and more. DID You know that: Red grapes contain resveratrol, a phytochemical that shows exciting promise in the fight against premature aging, diabetes, and cancer. Superfruit seeds from kiwis, figs, and strawberries are rich in protein, omega fats, and micronutrients. Pasteurizing and overprocessing are the main reasons for nutrient loss in manufactured superfruit juices. Ler mais. Reduzir. Acerca do auto