

Nutrition For Dummies Carol Ann Rinzler

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Carol Ann Rinzler is the author of more than twenty books on health and medicine, including Nutrition For Dummies, an international bestseller translated into fourteen languages that led to a stint as nutrition columnist for the New York Daily News.

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and part from your brain down to your toes. Get the most from your daily diet by making healthy choices.

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Inside. Carol Ann Rinzler is a veteran author of more than 20 books on food and health, including Nutrition For Dummies and Controlling Cholesterol For Dummies. She has contributed to The New York Times, Redbook, Family Circle, and is a former nutrition columnist for the New York Daily News.

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About the Author Carol Ann Rinzler is a noted authority on health and nutrition and is the author of more than 20 books on food and health, including Controlling Cholesterol For Dummies. She has contributed to The New York Times, Redbook, Family Circle, and the New York Daily News.

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Nutrition For Dummies (Nutrition for... book by Carol Ann ...

Carol Ann Rinzler is a veteran author of more than 20 books on food and health, including Nutrition For Dummies and Controlling Cholesterol For Dummies. She has contributed to The New York Times, Redbook, Family Circle, and is a former nutrition columnist for the New York Daily News.

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

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