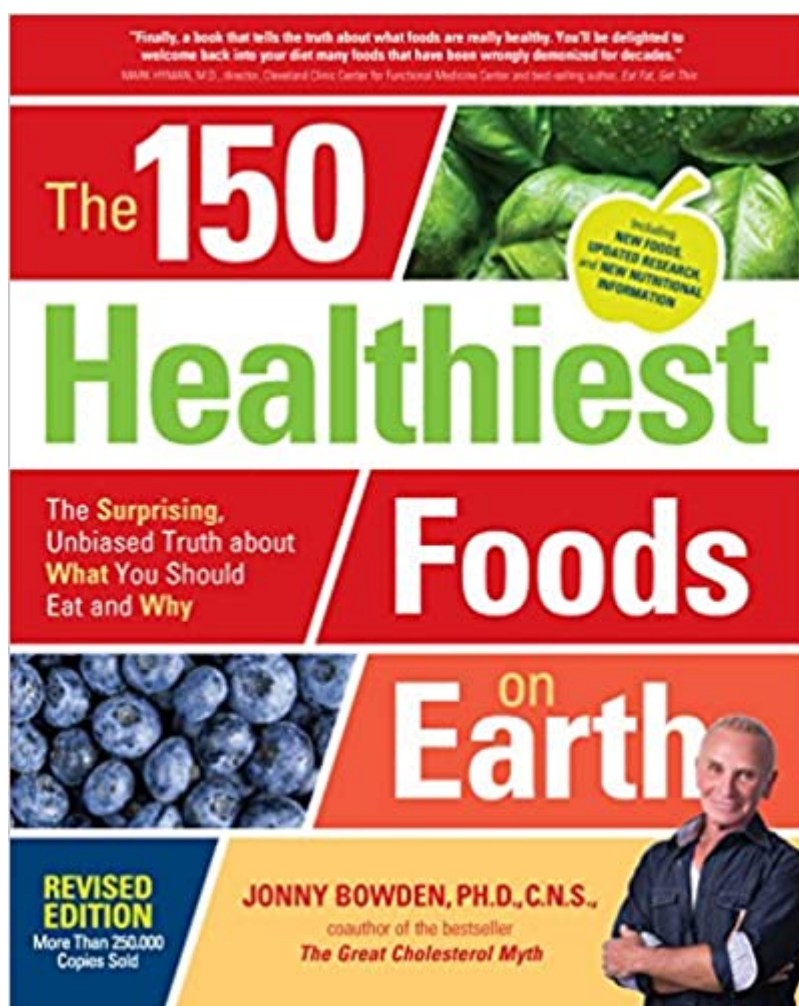


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# The 150 Healthiest Foods On Earth, Revised Edition: The Surprising, Unbiased Truth About What You Should Eat And Why



## Synopsis

In this newly updated nutrition reference guide, acclaimed nutritionist and bestselling author Jonny Bowden debunks traditional food myths, saves the reputations of foods long suffering from bad publicity, and provides just the facts so you can make good, health-conscious decisions about which foods you and your family should eat. You'll learn the latest research on many of your favorite foods, as well as some surprising new findings on the health benefits of foods you may have been avoiding unnecessarily. Did you know that, according to the latest research, - Saturated fat does not cause heart disease? - Full-fat dairy may protect against diabetes? - There is no need to avoid meat if it is 100 percent grass fed? - There is a major difference between farmed salmon and wild salmon? No food provides everything. But real food whole food with minimal processing contains a virtual pharmacy of nutrients, phytochemicals, enzymes, vitamins, minerals, antioxidants, anti-inflammatories, and healthful fats, all of which keep you alive and thriving. Learn how easy it is to find a cereal food and discover what more than a dozen well-known nutrition experts say are their top ten healthiest foods on earth. It's all the best nutrition advice you could possibly find in one package.

## Book Information

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## Customer Reviews

Jonny Bowden, Ph.D., C.N.S., (Woodland Hills, CA) also known as The Nutrition Myth Buster, is a nationally known, board-certified nutritionist and expert on diet and weight loss. He has appeared on the Dr. Oz Show, Fox News, CNN, MSNBC, ABC, NBC, and CBS and has contributed to articles in the New York Times, Forbes, the Daily Beast, Huffington Post, Vanity Fair Online, Men's Health,

Prevention, and dozens of other print and online publications. He is a popular speaker who presents at both academic and consumer events all over the world. Dr. Jonny is the best-selling author of fifteen books, including *The 150 Healthiest Foods on Earth*, *The Most Effective Natural Cures on Earth*, *The 150 Most Effective Ways to Boost Your Energy*, *The Most Effective Ways to Live Longer*, *The Healthiest Meals on Earth*, *Smart Fat* (with Steven Masley, M.D.), and the controversial best-seller, *The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Plan that Will* (with cardiologist Stephen Sinatra, MD).

This is a GREAT book! I bought it for myself and found it so interesting and well done that I have given it to a number of my friends for gifts. It is beautifully arranged with color photos of veggies, fruit, spices, meat, and much more., with excellent descriptions of why these 150 selections were chosen as the healthiest foods. Anyone interested in nutrition, food in general, will find this a handsome addition to their culinary library. Items that are the preferred 'healthiest' are starred. I keep my book in the kitchen so I can reference it as I prepare, change, or add items in recipes. I will say that I have certainly expanded my food choices since buying my copy. My friends continue to give me rave compliments, too, as they also love this book by nutritionist Jonny Bowden. This book is certainly a learning experience in food choices. I also have some of Bowden's other books which are also well written, interesting and on a variety of health related topics. This book will be a great gift book for your food loving friends ... and make sure you buy one for yourself!

I let my kids (ages 7, 9 and 12) look through this book and pick new fruits and veggies to try. They love seeing what nutrients are in each food and looking for the ones they think would be best for them! As an adult I appreciate having this as a reference book and refer to it periodically for inspiration in living and eating healthy. It includes sections on Vegetables, Grains, Beans/Legumes, Fruits, Nuts/Seeds/Nut Butters, Soy, Dairy, Meat/Poultry/Eggs, Fish/Seafood, Beverages, Herbs/Spices/Condiments, Oils and Sweeteners. One of my favorite parts is that at the end of each section there is an "Expert's Top Ten" list included because everyone always wants to know what those who REALLY know about health and nutrition eat! Clear winners in these lists are blueberries, spinach, kale, nuts, broccoli, and wild salmon. There are also some surprises - coffee made two expert lists! It's really interesting (and informative) to see what the experts eat on a daily basis! Great book!

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Super informative and unbiased.

A couple of years ago, I wanted to get to the next level with healthy eating and started reading up on super foods. I changed a fair amount of my diet and then about a year ago, was recommended this book. What I love about this book is it explains why foods are good for you and why they aren't, which allows me to make healthy choices. I keep a list of the foods in this book on my iPad so I can refer to it when I shop. After eating super foods for a couple of years, I didn't even get my usual cold this year. I'm completely sold on the benefits of healthy eating and this book!

This is more of a picture book and list than anything. Some interesting food info, but not the best reference book for healthy food information. Would not purchase again.

I'm still reading this book but it is so good so far that I can easily give it 5 stars. You will learn a ton about all food groups and why the author has labeled a food as on his 150 list. He also adds his runner-ups and some other people's list top 10 as well. He also frequently adds some food history. You will discover that grains aren't the most important to eat and why. Quinoa is actually a seed not a grain by the way. That virtually all fruits are good for you. How important fiber is. Why the common and lowly celery and apple are on his list. Why canned peas vs fresh or frozen is the least desirable way to eat peas and that the greener the pea, the better it is for you. etc etc etc On some foods, he will give cooking and/or recipe ideas. A lot were combinations I had not thought to do. Every food item has a photo and on some Kindle apps I suspect these are in color. But even on a Kindle, I am able to "see" the color in my mind. These are very clear pictures and help a good deal with identification once you go shopping.

My husband and I have purchased about 5 copies of this book now because we liked ours so much we wanted to share it with friends and family. It is such a great guide for people who are new to the whole health food thing and are wondering what they should be eating. This was written in 2007 and I wish that he would come out with an updated version because there are some things that could be updated a little, but I think anyone who follows the advice in this book even just halfway is going to greatly improve their health. It's easy to understand and the photos are great. I can't say enough good things about it. Our copy is covered with highlighting and underlining. We pull it off the shelf to look things up at least once a week. Whenever a question about food comes up we say, "Let's see

what Jonny has to say..." It has helped me lose 20 pounds so far and to feel great! It was worth every penny! I paid \$25 for my first copy at Barnes and Noble so have been very happy with 's price on the other copies I've bought for other people. Amazingly, with all the use our copy has had, the binding has held up very well for a softcover book.

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