



Contemporary Nutrition for Latinos: A Latino Lifestyle Guide to Nutrition and Health (Paperback)

By Judith C Rodriguez

iUniverse, United States, 2004. Paperback. Book Condition: New. 229 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****. Contemporary Nutrition for Latinos is the definitive guide for Latinos seeking to develop healthy eating habits based on Latino culture. Find out how your favorite foods fit into different food guides and why it is important to include carbohydrates, proteins, and fats in your diet, even when trying to lose weight. Become a savvy consumer by identifying all the different types of products that are available in the market and by developing a plan for comparing foods and evaluating supplements. Throughout your life, honor your culture in your own unique style by combining traditional and modern foods and managing other special dietary needs and eating situations. Contemporary Nutrition for Latinos provides introductory information, consumer tips, and ideas for developing healthy diet behaviors, and a discussion of food and nutrition issues in this millennium.



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