



200 Surefire Ways to Eat Well and Feel Better

Judith C. Rodriguez

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Want to lead a healthier lifestyle? *200 Surefire Ways to Eat Well and Feel Better* is a collection of healthy choices in eating and lifestyle that can be made throughout the day in any situation! Expert nutritionist Dr. **Judith Rodriguez** shows you how a series of small steps implemented in your everyday life can be the key to controlling weight and wellbeing. Packed with illustrations, diagrams, step-by-step instructions, quick tips, and expert secrets, you'll have the easiest time making healthy decisions without any difficult jargon or hard-to-follow eating plans. Use the meal planning ideas, savvy food shopping hints, restaurant meal selection guide, and exercise innovative tips as your resource for weight management and an overall healthy life.

200 Surefire Ways to Eat Well and Feel Better Details

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Author : Judith C. Rodriguez

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From Reader Review 200 Surefire Ways to Eat Well and Feel Better for online ebook

Emlyn Lewis says

This is the best nutrition book EVER!!

Nurished with colourful pictures as much as great advice

Very close to 5 stars until (like so many other nutrition books) recommends excessive dairy food & meat over fruit & veg. It seriously recommends a child between 18 months & 18 years old to eat plenty of dairy & meat.

"After a high fat protien breakfast give your child peanut butter with biscuits".... Are you pooing with me?

Before they completely misinformed me half way through the book, I'd made up my mind to give it 5 stars from the beauty of the pages, perfect balance of visuals & plenty to read.

Nutrition is like Religion, you'll never satisfy everyone! There'll always be an excessive vegan or meat eater, but I've yet to find "MY" nutrition book

Lara says

This is a pretty and interesting collection of tips and recipes related to healthy eating. The book follows a low-fat diet format, but includes information about some other diets without judgement. Each 2-page section has a variety of bits of useful information. There are some handy tables, such as vegetable cooking times by cooking method and calories burned for different activities for people who weigh different amounts. Each section also includes links to reputable internet sources for further information.

There are a few errors in the text, which is not unexpected with so many details. One table featuring popular Paleo diet foods is titled foods to eat raw. In addition, while the book is written by nutrition professionals, there are no scientific references. However, the book is written for use in multiple countries and includes measures in both Imperial and metric. I think those who are exploring a healthy lifestyle and want to have an attractive and easy to read reference to a variety of healthy eating concepts will appreciate it a great deal.
