



Pocket Superfoods (Paperback)

By Seana Smith

Hunter House Inc., U.S., United States, 2013. Paperback. Book Condition: New. 170 x 110 mm. Language: English . Brand New Book. Supercharged with antioxidants, vitamins, healthy fats, and essential nutrients, superfoods strengthen our bodies and nourish our brains while making us feel satisfied. Pocket Superfoods is a handy index of nutritional information, fun facts, and practical tips on the top 50 superfoods, including nuts, berries, avocado, barley, chia seed, lean meat, and broccoli. Author Seana Smith describes in detail why these diet staples make us healthy and happy. With tips on buying, storing, and cooking these foods in the healthiest way possible, this supercharged book contains everything needed to make life zing with optimal health and vitality. Each page conveniently focuses on one type of food, with a quick description followed by a list of what it contributes to our health and energy. Key notes at the bottom of each page inform readers about when and how to incorporate the food into their diets and tips for preparing it.



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III