



## Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet

By Barton Seaver, P K Newby

Blackstone Audiobooks, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 168 x 155 mm. Language: English . Brand New. For health-conscious cooks, clean eaters, and smart consumers, National Geographic introduces a science-based guide to healthy, everyday eating for your whole family and the planet. Featuring dozens of tips, food pairings, and sample menus, this book is a culinary tour of the 148 foods that have huge nutritional value with the least environmental impact. This guide explores food and its place in cultures around the world, highlights what it adds to healthy menus today, and advises consumers on what to look for, how to choose, how to prepare, and what to avoid in order to make the best choices for the table and for the planet. Barton Seaver, acclaimed chef and author of *For Cod and Country* and *Where There's Smoke*, and nutritional scientist P. K. Newby, have created the ultimate shopping and cooking guide to help you nourish your family while you sustain the planet.



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