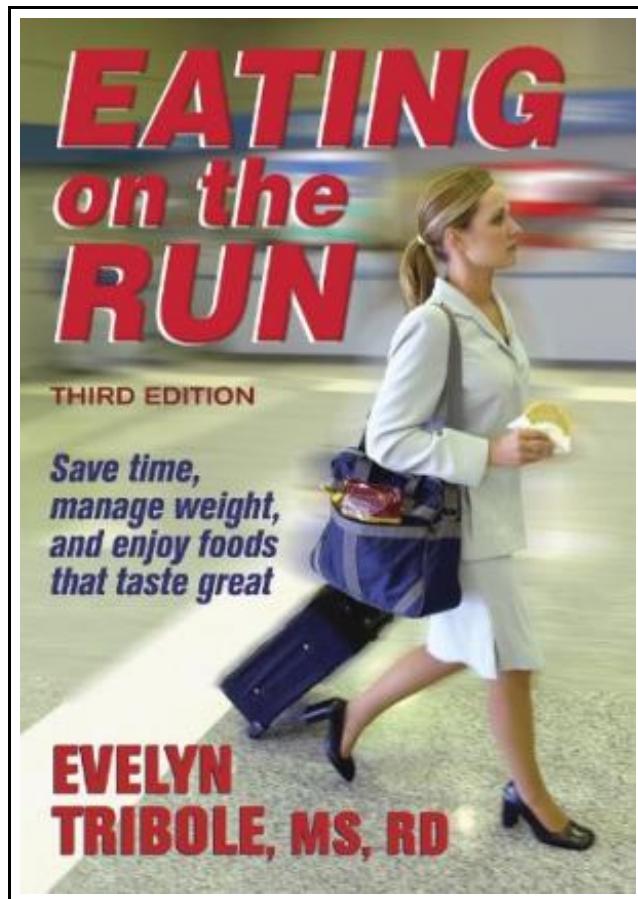


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Human Kinetics Publishers, United States, 2003. Paperback. Book Condition: New. 3rd Revised edition. 251 x 178 mm. Language: English . Brand New Book. Work, social, and family commitments often make it difficult to fit tasty and healthy food choices into your diet. In Eating on the Run, Evelyn Tribole solves your dieting dilemma using her proven expertise concerning all foods, savory and sweet. Divided into four parts for easy reference, Eating on the Run presents the latest and best information on the following issues: -Smart food choices for you and your family-Eating options for managing weight-Strategies for speedy grocery shopping--including sample shopping lists-Healthful eating away from home, whether at work, at a restaurant, in your car, or at the airport-Nutritional values for common fast foods-Eating and ordering ethnic cuisine-Dietary decisions relative to hypertension, high cholesterol, and heart disease-Diets and supplements, with advice on today's most popular programs, including liquid meal replacements and high-protein diets such as the Atkins and Zone diets-Easy meal preparation, including recipes and tipsEvelyn Tribole is the nation's leading nutritionist for busy people who want to remain healthy and trim. A former nutritional adviser for Good Morning America and the American Dietetic Association, she's been a columnist for SHAPE and has written several books on nutrition. She also juggles work, family, and frequent speaking engagements--so she knows firsthand just how hectic life can get. Her experience and strategies will help you avoid flavorless, fast-fried choices and eat great while on the go.

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