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Written Paper

#### Dr. Jean Mayer's diet and nutrition guide [1990]

Mayer, J.; Goldberg, J.P.;

#### Access the full text

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This book discusses the basics of nutrition-vitamins, minerals, and proteins. Topics include: foodborne illness and how to avoid them; the anatomy of a food label; a nutritionists's guide to the supermarket; dietary advice for different nutritional ages; and special diets for special health problems. A special section contains a 28-day menu plan with easy-to-make recipes designed for a busy lifestyle

#### Bibliographic information

**Language:** English  
**In AGRIS since:** 1992  
**Extent:** 314 p.  
**Publisher:** Pharos Books  
**ISBN:** 08-868-75684  
**All titles:** "Dr. Jean Mayer's diet and nutrition guide"  
**Other:** "\*US (DNAL RM216.M44)"

Jose Ordovas, director of nutrition and genomics at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, discovered an association between a genetic variation in the APOA2 gene, involved in fat absorption, that makes people more likely to gain weight when they eat a lot of saturated fat. Experts in the field of nutrigenetics, including Dr. Martin Kohlmeier, president of the International Society of Nutrigenetics/Nutrigenomics, explain these negative results quite simply: "The investigators happened to choose the wrong genetic variants. It may well work with others." Compliance is also a critical factor when it comes to weight loss and health. Do gene-guided diet interventions improve adherence to diet recommendations? Diet And Nutrition Guide. Diet And Nutrition Guide. Wednesday, November 9, 2011. Pure Protein High Protein Bar, Chocolate Peanut Butter, 6 Bars, 1.76 Ounces (Pack of 2). Loaded with 20 grams of high quality protein. Zero grams trans fat. A pure paradise for peanut butter lovers and anyone who wants to eat good on the go. Pure Protein High Protein Bar, Chocolate Peanut Butter, 6 Bars, 1.76 Ounces (Pack of 2) Overview. Eat good.