



So What Can I Eat?!: How to Make Sense of the New Dietary Guidelines for Americans and Make Them Your Own

Elisa Zied

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A blueprint for developing a nutritious, balanced eating plan for life

Every day, readers are presented with conflicting information about food, nutrition, and how to eat properly. Now, Elisa Zied, a highly visible spokesperson for the American Dietetic Association, clarifies the new U.S. Dietary Guidelines and provides a clear plan for developing a nutritious, balanced, and sustainable eating-plan for life—whether the goal is to lose weight, have more energy, or manage or prevent diet-related conditions. The book's helpful menu plans and many delicious recipes will allow readers to enjoy eating without feeling deprived.

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