



Superfoods For Dummies

Brent Agin, Shereen Jegtvig

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Transform your diet and reap the extraordinary benefits of superfoods

Want to eat healthier, lose weight, and fight off disease? You can do it with superfoods! This friendly guide explains everything you need to know — why you need superfoods, the science behind them, and how to prepare and enjoy them. From bananas and carrots to oatmeal and salmon, you'll gain a healthy attitude toward eating right!

- Get the skinny on superfoods — know the basics of a balanced, nutritional diet, and why superfoods are so powerful
- Take a closer look — examine the unique properties of superfoods and the best ways to store and prepare them
- Explore exotic flavors — discover Asia's goji berries, Mexico's chia, Indonesia's mangosteen, and other unusual superfoods
- Launch your superfoods lifestyle — plan healthy meals you and your family will enjoy

Open the book and find:

- A nuts-and-bolts breakdown of each superfood
- Ways to incorporate superfoods into your everyday diet
- Tips for saving money on superfoods
- The healthiest cooking methods
- More than 50 easy-to-prepare, tasty recipes — from breakfast to dessert
- The top dietary supplements
- How to grow your own superfoods garden

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