



Superfoods Explained: A Fact Based Analysis of Foods with Uncommonly High Nutritive Values (The Science of Nutrition Book 5)

Paul Rogers

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Finally - A Fact Based Nutritional Analysis Of Foods That Can Really Be Called "Superfoods"

Superfoods - you've undoubtedly heard the term, it is a marketing buzz word put onto any food that sounds exotic and has claims of weight loss, longevity and better living. But what foods really do have "super" ingredients? What foods should we be eating to fully compliment an active, athletic lifestyle? And which "superfoods" do not live up to their marketing claims at all?

Superfoods Explained: A Fact Based Analysis of Foods with Uncommonly High Nutritive Values

This book is an analysis of foods that have uncommonly high nutritional value, especially as it pertains to persons with extreme nutritional demands, such as athletes or those leading an active lifestyle. This book will explain:

- What "Superfoods" Are More Marketing Hype Than Anything?
- Non-Common or Exotic Species and Their Nutritional Values
- Common Vegetables and Naturally Growing Wild Species
 - Common Wild and Cultivated Vegetables
 - Green Leafy Vegetables
 - Edible Wild Species
- The Absolute Preferred Method to Prepare Foods to Exploit Their Nutritional Value

Go Beyond the Hype to Better Understand Which Foods We Should Be Eating and How They Impact Our Daily Nutritional Demands!

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