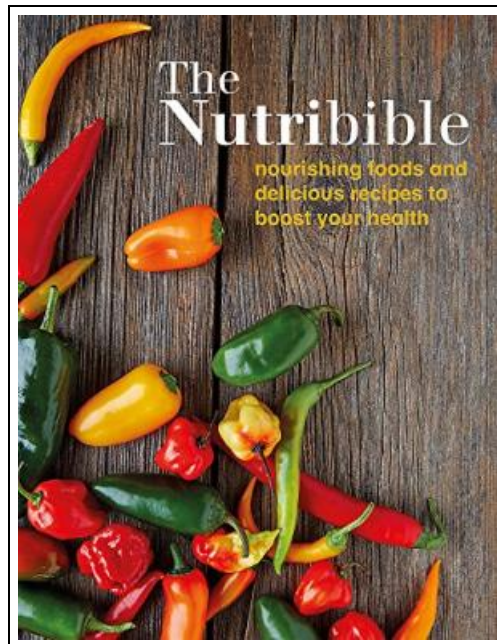


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Octopus Publishing Group, United Kingdom, 2017. Paperback. Condition: New. Language: N/A. Brand New Book. Jam-packed with nutritional advice, dietary information and recipe suggestions about the vitamins and minerals within the food we eat, The Nutribible will be your go-to guide to find exatly what you need to boost your health and taste some delicious meals whilst doing so. Whether you want to cure a cold, need more energy, lower blood pressure or prevent heart disease, you ll find the 100 best foods here, complete with an accompanying recipe as well as vital information about what each food contains and why it will benefit your health. Did you know that avocados can help lower cholesterol and that tomatoes are full of cancer-beating lycopene? From chillis to cranberries and limes to lentils, find out about the foods that will make a real difference to your body s well-being.



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