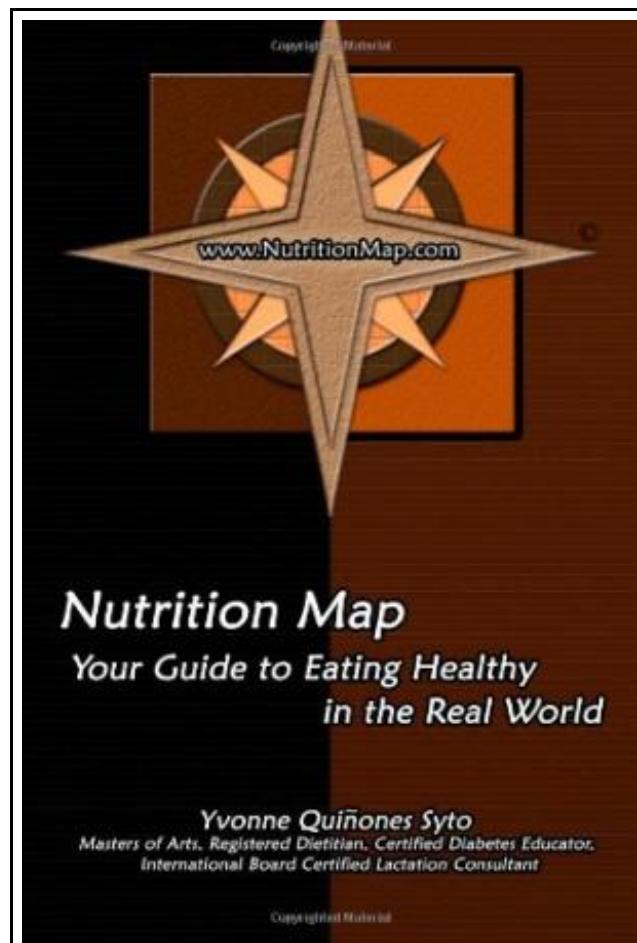


## Nutrition Map



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**(Prof. Maxwell Stracke)**

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 178 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Food is pleasurable and. . . will always be everywhere, so it is time to live with it and enjoy it. With those spot-on words in the opening pages of Nutrition Map, we are greeted with Yvonne Quiones Sytos appreciation of the power of food--food not only satisfies us, it plays an unavoidable role in our social interaction. Nutrition Map is just that: a week-by-week guide educating us on how to eat this, not that. Dont get enough fiber Read Sytos chapter on vegetables, titled Let the Roughage Begin. Need to revamp your stance on fruit Read: Fruit: Natures Dessert. Sytos candor in recounting her own struggle with weight disarms the reader, allowing us to admit our hot topic weight issues, insecurities aside. Besides the authors infectious wit peppered throughout the book, you will all but shout, Speak to me, sistah! when she refers to diet as a four-letter word! Nutrition Map starts us off on our path to better nutrition simply enough: start exercising a couple of days a week, increase our water intake and keep a food journal. With that manageable kick-off, Syto provides sample food journals, a body measurement table and a valuable definition grid of look-alike terms such as reduced, light and low fat. This isnt a starvation plan. This is a a step-by-step guide on how to incorporate a better nutrition choice this week, another the following week, etc. , while acknowledging the reality that you will slip up here and there and have no intention of bidding adieu to desserts forever. The tone of this book is informative yet conversational. In fact, while reading Nutrition Map, I couldnt help but feel like...



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