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Nutrition For Dummies is a one-size-fits-all guide to nutrition for anyone who may have fallen asleep in health class, wants to brush up on what they already know, or

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is looking to keep up-to-speed on the latest guidelines and research. It shows you how to manage your diet so you get the most bang (nutrients) for your buck (calories) and gives you the skinny on how to put together a healthy shopping list, how to prepare foods that are good for the body and soul, and ten easy ways to cut

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Nutrition For Dummies Cheat Sheet. By Carol Ann Rinzler . Technically speaking, nutrition is the science of how your body uses the food and drink you consume to build new tissues and power every organ and part from your brain down to your toes. Get the most from your daily diet by making healthy choices.

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