



# Nutrition Diva's Secrets for a Healthy Diet: What to Eat, What to Avoid, and What to Stop Worrying About (Quick & Dirty Tips)

By Monica Reinagel

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**Nutrition Diva's Secrets for a Healthy Diet: What to Eat, What to Avoid, and What to Stop Worrying About (Quick & Dirty Tips)** By Monica Reinagel

Tired of trying to figure out what you should be eating for breakfast, or whether it's ever OK to eat before going to bed? Want to know which type of milk, or cereals, or meats are best so that food shopping is easier?

Millions of people already eat, look, and feel better thanks to popular podcast host and board-certified nutritionist Monica Reinagel. In her highly-anticipated guidebook she sorts through all the conflicting nutrition information out there and busts outdated food myths, so you'll know exactly what to eat (and what to avoid) once and for all. Don't worry if pasta makes you happy, if chocolate keeps you sane, or if you just can't stand broccoli; no food is off limits and none is required. Instead, Monica walks you through every aisle of the grocery store and through each meal and snack of the day, helping you make healthier choices and answering your burning questions, including:

- How often should you eat?
- Which organic foods are worth the extra cost?
- Does cooking vegetables destroy the vitamins?
- Should foods be combined in certain ways for better digestion?

Complete with grocery shopping lists, simple, delicious recipes, and sample meal plans, Nutrition Diva's *Secrets for a Healthy Diet* will have you feeling healthier, looking better than ever before, and no longer worrying about what to eat for dinner.

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### **Editorial Review**

#### **Review**

“Finally, an essential guide to rational, balanced eating! With her practical tips and realistic outlook, Monica Reinagel makes healthful eating simple and deprivation-free. No one should live without enjoying foods she loves, and with this smart, easy guide, you don't have to.” ?Lucy Danziger, Editor-in-Chief, SELF Magazine

“Monica takes all of the confusion out of healthy eating with advice that's smart, to the point, and, best of all, completely doable. This book gets to the heart of how to nourish your family and debunks all those outdated nutritional myths in the process. Don't go to the supermarket without it.” ?Ann Louise Gittleman, Ph.D., C.N.S., and award-winning NY Times bestselling author of The Fat Flush Plan and Zapped

#### **About the Author**

Monica Reinagel, MS, LD/N, CNS is the creator of the #1-ranked *Nutrition Diva* podcast and the author of three previous books on health and nutrition. In recent years, she has served as Chief Nutritionist for NutritionData.com, one of the internet's leading nutrition information sites, and is a frequent contributor to SELF magazine and Epicurious.com. Monica holds a Master's Degree in Human Nutrition and is a licensed and board-certified nutrition specialist. She received her professional culinary training at L'Academie de Cuisine in Washington, D.C. She is a member of the American Dietetic Association, the American College of Nutrition, and the International Association of Culinary Professionals. Monica is also a professional opera singer and has performed with opera companies and orchestras throughout the United States and Germany.

### **Users Review**

#### **From reader reviews:**

##### **Lily Pawlak:**

Nutrition Diva's Secrets for a Healthy Diet: What to Eat, What to Avoid, and What to Stop Worrying About (Quick & Dirty Tips) can be one of your starter books that are good idea. We recommend that straight away because this e-book has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The author giving his/her effort to put every word into delight arrangement in writing Nutrition Diva's Secrets for a Healthy Diet: What to Eat, What to Avoid, and What to Stop Worrying About (Quick & Dirty Tips) but doesn't forget the main point, giving the reader the hottest as well as based confirm resource information that maybe you can be one of it. This great information can drawn you into new stage of crucial contemplating.

##### **William Jimenes:**

Your reading sixth sense will not betray you, why because this Nutrition Diva's Secrets for a Healthy Diet: What to Eat, What to Avoid, and What to Stop Worrying About (Quick & Dirty Tips) reserve written by well-known writer who really knows well how to make book which can be understand by anyone who have

read the book. Written inside good manner for you, still dripping wet every ideas and publishing skill only for eliminate your own hunger then you still skepticism Nutrition Diva's Secrets for a Healthy Diet: What to Eat, What to Avoid, and What to Stop Worrying About (Quick & Dirty Tips) as good book not simply by the cover but also by the content. This is one e-book that can break don't judge book by its deal with, so do you still needing a different sixth sense to pick that!? Oh come on your examining sixth sense already said so why you have to listening to yet another sixth sense.

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