



The Best Things You Can Eat: For Everything from Aches to Zzzz, the Definitive Guide to the Nutrition-Packed Foods that Energize, Heal, and Help You Look Great

By David Grotto

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Is an orange or a guava the best source of vitamin C? Is farm-raised or wild salmon higher in omega 3 fats? If you've always wondered what foods to turn to when you need more fiber in your diet or which foods you can count on when you've got an upset stomach, *The Best Things You Can Eat* as the answers, and even a few surprises. Registered Dietitian and bestselling author David Grotto draws on the latest nutritional and scientific research to assemble the most authoritative compilation of food rankings ever produced. Here are just some of the useful lists you'll find inside:

- * 8 Best Foods for Lowering Cholesterol
- * Top 6 Foods to Control Your Blood Pressure
- * 7 Best Foods for Stopping Bad Breath
- * 5 Best Foods to Slow Down Aging
- * Top 5 Foods for Numbing Aches and Pains

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Editorial Review

Review

“An objective and highly readable cornucopia of advice and information...Readers will find real answers about the nutrient content of all kinds of readily available foods, become aware of surprisingly healthy ‘shocker foods,’ and emerge more educated about food's health benefits—whether they're new to choosing healthier foods or not. This exhaustively researched book should be a top pick for any nutrition-conscious foodie.”

Philadelphia Tribune, 3/8

“Whether readers are looking for something to settle an upset stomach, the best way to control blood sugar or the easiest source of vitamin D, *The Best Things You Can Eat* provides useful, accessible answers for healthy living.”

Miami Herald, 3/19/13

“A great book about food, nutrition, and health should be informative not sensationalistic, accessible, science-based, and easy to navigate...*The Best Things You Can Eat* is all that.”

Midwest Book Review, March 2013

“Any collection strong in nutrition and health needs this solid connection between food choices and optimum health.”

NewsBlaze.com (Australia), 3/12/13

“A highly recommended.”

SharonPalmer.com, 12/11/2013

Library Journal, December 2012

“Comprehensive and fun for foodies.”

Truth Magazine, 1/11/13

“A quick and informative read that does all of the legwork for you, *The Best Things You Can Eat* makes it a bit easier to take care of yourself in 2013.”

Joy Bauer, MS RD CDN, Health and Nutrition Expert for NBC's *Today* show

“Dave has created the ultimate nutrition dictionary – he's boiled down all the confusing science into a handy, compact health resource that's incredibly easy to navigate. This book enables you to feel top of your game by helping you choose the very best foods to meet your specific health goals!”

Ellie Krieger, Host of Food Network's Healthy Appetite and author of *Comfort Food Fix*

“*The Best Things You Can Eat* is like a Fortune 500 for food—a who's who in nutritional wealth that celebrates the healthy bounty delicious real food provides. It's chock-full of smart, useful information written in an engaging, fun way that makes you want to pick it up for pleasure as well as knowledge.”

EatDrinkBetter.com, 2/1/13

“An excellent reference book to have around the house.”

About.com, 2/14/13

“Whether you have high cholesterol or high blood pressure or you're simply fighting the common cold, Grotto has sifted through the science to recommend top food picks based on sound science to help you heal.”

Tampa Bay Tribune, 2/23

“Ever so infrequently, a nutrition book comes along that's accurate, simple to understand and serves as a handy reference. *The Best Things You Can Eat*...is one of those books...In very little time, the book will educate and empower you to take control of your own health.

Bookviews, March 2013

“An interesting and informative look at common foods and their benefits...Much of what [Grotto] relates is quite surprising in a good sort of way. I would recommend this book for anyone interested in learning more about what they eat daily.”

AppforHealth.com, 3/1

“This isn't just an awesome food and nutrition resource, it's also a fun and relaxed read, thanks to the author's clever, down-to-earth writing style...This tome definitely won't end up collecting dust on your bookshelf—you'll find yourself consulting it with all your food-related questions.”

Publishers Weekly, 3/4/13

About the Author

David Grotto, RD, LDN, graduated with honors with a degree in medical dietetics and nutrition from the University of Illinois at Chicago. Formerly the national spokesperson for the American Dietetic Association, he is now the founder and president of Nutrition Housecall, LLC, a nutrition consulting firm that provides nutrition communications, lecturing and consulting services, and also offers personalized at-home dietary services.

He is the author of *101 Foods That Could Save Your Life* and *101 Optimal Life Foods*.

<http://davidgrotto.wordpress.com/>

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Walter Harman:

What do you with regards to book? It is not important together with you? Or just adding material when you require something to explain what the one you have problem? How about your free time? Or are you busy individual? If you don't have spare time to perform others business, it is gives you the sense of being bored faster. And you have time? What did you do? Everybody has many questions above. They must answer that question mainly because just their can do in which. It said that about book. Book is familiar in each person. Yes, it is suitable. Because start from on pre-school until university need this *The Best Things You Can Eat: For Everything from Aches to Zzzz, the Definitive Guide to the Nutrition-Packed Foods that Energize, Heal, and Help You Look Great* to read.

Edward McCain:

Information is provisions for folks to get better life, information today can get by anyone in everywhere. The information can be a knowledge or any news even a problem. What people must be consider any time those information which is within the former life are hard to be find than now could be taking seriously which one would work to believe or which one the actual resource are convinced. If you obtain the unstable resource then you understand it as your main information there will be huge disadvantage for you. All of those possibilities will not happen throughout you if you take *The Best Things You Can Eat: For Everything from Aches to Zzzz, the Definitive Guide to the Nutrition-Packed Foods that Energize, Heal, and Help You Look Great* as the daily resource information.

Justin Oliver:

The e-book untitled *The Best Things You Can Eat: For Everything from Aches to Zzzz, the Definitive Guide to the Nutrition-Packed Foods that Energize, Heal, and Help You Look Great* is the book that recommended to you to learn. You can see the quality of the e-book content that will be shown to you actually. The language that creator use to explained their ideas are easily to understand. The author was did a lot of analysis when write the book, and so the information that they share to you is absolutely accurate. You also could get the e-book of *The Best Things You Can Eat: For Everything from Aches to Zzzz, the Definitive Guide to the Nutrition-Packed Foods that Energize, Heal, and Help You Look Great* from the publisher to make you more enjoy free time.

Nikki Kirkland:

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Foods that Energize, Heal, and Help You Look Great your head will drift away through every dimension, wandering in every aspect that maybe not known for but surely might be your mind friends. Imaging every single word written in a publication then become one contact form conclusion and explanation that will maybe you never get just before. The The Best Things You Can Eat: For Everything from Aches to Zzzz, the Definitive Guide to the Nutrition-Packed Foods that Energize, Heal, and Help You Look Great giving you an additional experience more than blown away your thoughts but also giving you useful info for your better life in this particular era. So now let us teach you the relaxing pattern this is your body and mind will be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

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