



DOWNLOAD



## The Power of Carbohydrates, Proteins, and Lipids: How to Make Wise Choices in Diet and Nutrition

By J A Bittencourt

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 214 pages. Dimensions: 9.2in. x 7.5in. x 0.5in. A nutritional guide, based on recent scientific research, that will help you to wisely choose an optimum nutrition. In this book, you will learn about the biochemical properties of carbohydrates, proteins, lipids, and vitamins, their effects in the body, and their availability in food. You will discover the properties of healthy fats and oils, and the importance of cholesterol. In essence, this book shows you how to: Choose foods that promote wellness and optimum health. Avoid foods that lead to obesity. Diminish body fat and maintain a healthy weight. Avoid diabetes, hyperinsulinism, and insulin resistance. Diminish the blood levels of glucose, cholesterol, and triglycerides. Avoid the oxidation of cholesterol and other lipids. Reduce the risk to develop heart disease and osteoporosis. Identify food substances harmful to the body. Protect the body with antioxidant vitamins. Diminish the production of free radicals in the body. Improve physical performance. This item ships from La Vergne, TN. Paperback.



READ ONLINE

[ 1.19 MB ]

### Reviews

*The publication is not difficult in study preferable to fully grasp. It really is really intriguing through looking at period of time. I found out this pdf from my dad and i advised this ebook to find out.*

-- **Fabiola Hilpert**

*Absolutely essential read through pdf. it was actually writtern extremely flawlessly and valuable. You will like how the writer publish this book.*

-- **Destin Leffler**