

For review copies, contact:
Rachel Kempster
646-674-4015
rachel.kempster@dk.com

NUTRITION FOR LIFE

The no-fad, no-nonsense approach to eating well and reaching your healthy weight.
By Lisa Hark, PhD, RD and Darwin Deen, MD

Healthy eating throughout your life is now recognized as the foundation for optimal health. However, understanding **what to eat** and **separating food and nutrition facts from fads** can be confusing. And to further complicate the subject, the Federal government just released "My Pyramid" and the Dietary Guidelines for Americans. Are they realistic or not, and what do they really mean? With an overwhelming amount of nutritional information written every year, much of it contradictory, the question remains: what would a skilled nutritionist or medical doctor recommend?

NUTRITION FOR LIFE The no-fad, no-nonsense approach to eating well and reaching your healthy weight (DK Publishing) is the new definitive guide to nutrition that combines the views of a top nutritionist and a family doctor into one concise volume. "The information in this book is a powerful prescription for health," say authors, Lisa Hark, PhD, RD and Darwin Deen, MD, "In essence, your diet and lifestyle define your destiny and are your best hope for staying healthy through every stage of life."

In **NUTRITION FOR LIFE**, readers will learn:

- how to assess your dietary and lifestyle habits through interactive questionnaires that identify key areas for change, "[How Healthy is Your Lifestyle?](#)";
- why the body needs food - the essential building blocks of life;
- the elements of a healthy diet and how to incorporate all of the food groups;
- how to eat through all the stages of your life, whether you are feeding yourself, when you are pregnant, as your children grow, or your elderly parents;
- the truth about weight control and an honest and accurate assessment of 45 of the most popular diet books and programs;
- the role of food as medicine in the prevention and treatment of disease such as high cholesterol, high blood pressure, diabetes, respiratory, digestive, kidney, and urinary disorders, osteoporosis, arthritis, gout, migraines, food allergies, and vitamin deficiencies; and
- how to become a smart shopper and prepare healthy foods;
- what's in our food through an analysis of the nutrients contained in over 500 foods.

Complete with profiles of real patients' nutritional problems and the solutions prescribed, recipes, sample menus, dozens of full color photographs and useful charts. **NUTRITION FOR LIFE** is written by Dr. Lisa Hark and Dr. Darwin Deen, (both of whom have

extensive experience teaching doctors and patients about nutrition), this medically-sound book is the ultimate nutrition resource for all ages. With hundreds of practical tips on eating well and being more active, **NUTRITION FOR LIFE** is based around one solid, simple premise: **good nutrition leads to good health.**

About the Authors:

Lisa Hark PhD, RD is a renowned medical nutritionist with over 20 years experience in nutrition counseling and promoting the benefits of healthy eating in children and adults. She is a leading nutrition educator for medical students and doctors. Her textbook *Medical Nutrition and Disease* is used in many medical schools in the US and around the world. As a working mother she has first-hand knowledge of how to combine a busy lifestyle with ensuring a healthy diet for her family.

Darwin Deen MD is a family doctor and an award-winning nutrition educator. He is a medical Professor at the City College of New York, Sophie Davis School of Biomedical Education, where he teaches medical students how to improve their diets and make lasting changes to their lifestyle. Dr. Deen has practiced and taught Family Medicine in New York for over 30 years.

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