

# The Get with the Program! Guide to Good Eating: Great Food for Good Health. Simon and Schuster, 2003. 240 pages. Bob Greene. 9780743250733. 2003

Guide to Good Eating is an effective and enjoyable approach to good health, good eating, and weight loss that you can trust. Product Identifiers. Publisher. Choices Creating a Healthy Kitchen Eight Great Choices Where to Shop for Good Food Tips for Making Healthful Choices Dining Out -- And Staying on the Program Being Good -- But Not Perfect PART III Recipes Breakfast Soups Salads, Small Plates, and Sandwiches Entrées Side Dishes Desserts Index. Dewey Decimal. Healthy Eating for Seniors Handbook Update PROJECT TEAM. Annette Anderwald, registered dietitian (RD). Healthy eating is a pattern of eating that contributes to your best possible health through positive relationships with food and diverse, balanced food choices that meet your needs for nutrients and energy. How do I eat well? eat regular meals and snacks try not to get too hungry as this may lead you to choose less healthy foods or portion sizes that are too big eat a variety of nutritious foods pay attention to your fullness cues so you know when to stop eating. 14 | eat well, age well. The best place to start is Eating Well with Canada's Food Guide (see Appendix B), designed to help you meet all your nutrient needs for the day. Guide to Good Eating is an effective and enjoyable approach to good health, good eating, and weight loss that you can trust. ...more. Get A Copy. Amazon. This book is really good. It has 85 recipes in the back. His other books are really good to. I really like the one that Oprah Winfrey wrote a few chapters in about her struggle with weight. flag Like - see review.