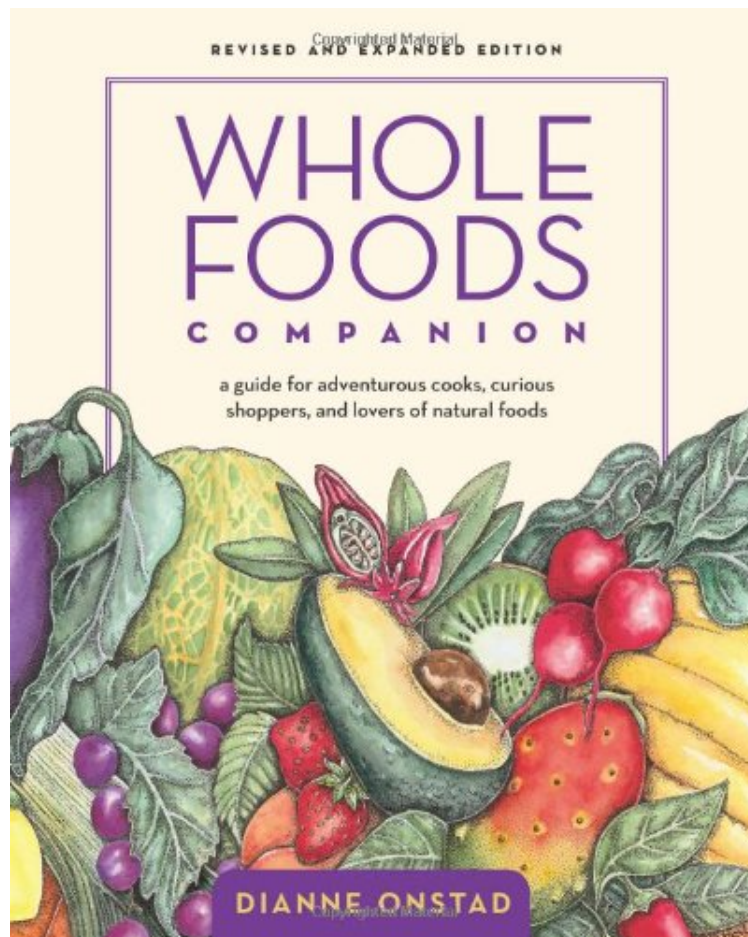


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Whole Foods Companion: A Guide for Adventurous Cooks, Curious Shoppers, and Lovers of Natural Foods, 2nd Edition

Dianne Onstad

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Dianne Onstad : Whole Foods Companion: A Guide for Adventurous Cooks, Curious Shoppers, and Lovers of Natural Foods, 2nd Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Whole Foods Companion: A Guide for Adventurous Cooks, Curious Shoppers, and Lovers of Natural Foods, 2nd Edition:

7 of 7 people found the following review helpful. The Authoritative Guide for Lovers of Natural FoodsBy Gilberto VillahermosaThis is a wonderful book! It is authoritative, detailed, well written, and extremely entertaining.Author Dianne Onstad writes with an insight and understanding of all aspects of whole foods that is simply mind boggling. "Whole Foods Companion" is intended for those interested in eating well, eating better, or simply knowing the benefits of the many fruits, vegetables, grains, legumes, nuts-seeds-oils, and herbs and spices that are available to

enrich and prolong their lives. Each is described in detail, including nutritional value, general information, culinary tips and health benefits. Also listed for many of the whole foods is their lore and legend and buying tips for how to purchase them at their best. Yes, there is more information in this humorous book than the average person will probably ever use, but that should not detract from its value as the best reference available of its kind. 0 of 0 people found the following review helpful. This is a wonderful book. By WYBIRDIE We keep this book handy as an interesting way to look up information about the foods we are eating. Our Grandkids love knowing why this food is good for us and will refer to it for food information much the way we use a dictionary. 0 of 0 people found the following review helpful. Foodie Companion By Gloria Havey This is an excellent companion for any foodie novice who wants to improve their knowledge about fruits and vegetables!!

What if you could have information about more than 400 foods at your fingertips? You can find it all in the new edition of Whole Foods Companion. Originally published in 1996, Whole Foods Companion has become the definitive resource guide to the rapidly expanding world of whole foods. This revised and expanded edition updates key nutritional information in six categories: Fruits Vegetables Grains Legumes Nuts, seeds, and oils Herb, spices, and other foods. Each entry includes nutritional value, general information, buying tips, culinary uses, and, when appropriate, health benefits, lore and legend, by-products, and descriptions of the more popular varieties. In the face of staggering confusion and conflicting claims about the nutritional value of different foods and herbs, this book is a detailed and invaluable guide to natural foods. It is a perfect companion to cookbooks and should be required reading for chefs everywhere. No mere collection of dry nutritional information, Whole Foods Companion also explains the origins and naming of different foods and relays some of the legends and traditions with which they have been associated.

"Wonderful! Whole Foods Companion is a valuable resource. It does make a difference what you eat, and this book describes in detail the range of nourishing organic foods available to all of us."--Alice Waters, founder and owner, Chez Panisse restaurant
About the Author Dianne Onstad is actively involved in nutrition education and the promotion of organic whole foods, with a special interest in living and raw foods. She is the author of five books, including The Vitamin Companion, The Mineral Companion, and A Cup of Sunshine.