

Contents

List of Figures	vii
List of Tables	xi
List of Longer Topics	xiii
Preface to the Third Edition	xv
About the Author	xvii
Acknowledgments for the Third Edition	xix
How to Use This Book.....	xxi
 A.....	1
B.....	53
C.....	71
D.....	109
E.....	123
F.....	141
G.....	163
H.....	179
I.....	193
J.....	205
K.....	207
L.....	211
M.....	233
N.....	269
O.....	285
P.....	295
Q.....	355
R.....	357
S	373
T	403
U.....	431
V.....	433

W	463
X	465
Z	467
Appendix 1: General Guidelines for Food Selection to Optimize Health.....	469
Appendix 2: Metabolic Maps.....	471