



# The Pocket Idiot's Guide to Superfoods

*Heidi Reichenberger McIndoo M.S. R.D. L.D.N.*

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***Move over, fad diets!***

With the fading novelty—and declining popularity—of such fad diets as South Beach and Atkins, many people are turning to sensible, moderate eating habits. Along with this trend is an interest in superfoods, those foods that not only nourish the body, but also help fight disease. This pocket guide covers 30 disease-fighting, healthful superfoods and provides simple explanations of how they work.

--Includes coverage of 30 superfoods—more than other books

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