



UNMASKING SUPER FOODS

THE TRUTH AND HYPE ABOUT
ACAI, QUINOA,
CHIA, BLUEBERRIES
AND MORE



JENNIFER SYGO

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Jennifer Sygo



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Unmasking Superfoods Jennifer Sygo, 2014-04-01 It can be overwhelming and frustrating to try to understand the claims about superfoods Do raspberry ketones really help you lose weight Do blueberries really fight cancer Are goji berries worth a try For over five years Jennifer Sygo has been separating the truth from the hype in her popular National Post column Now in her first book she tackles even more superfoods and in more depth You ll learn why the calcium in kale is absorbed as well as the calcium in milk lentils chickpeas and beans are not just good for you when cultivated they also put important nutrients back into the soil goji acai and noni berries may be more hype than substance xylitol a sugar alcohol with a third fewer calories than sugar could actually help prevent cavities and even ear infections Sports nutrition whey protein chia etc Weight loss raspberry ketones etc people who eat avocados tend to weigh less than those who don t beets might help you run faster and maybe even perform better in bed In *Unmasking Superfoods* Sygo discusses the latest research on the most popular superfoods and offers recommendations on how or if you should incorporate these foods into your diet *Unmasking Superfoods* Jennifer Sygo, 2014-03-31 The science of nutrition is complex eating shouldn t be It can be overwhelming and frustrating to try to understand the claims about superfoods Do raspberry ketones really help you lose weight Do blueberries really fight cancer Are goji berries worth a try For over five years Jennifer Sygo has been separating the truth from the hype in her popular column in the National Post Now in her first book she tackles even more superfoods and in more depth You ll learn why the calcium in kale is absorbed as well as the calcium in milk lentils chickpeas and beans are not just good for you when cultivated they also put important nutrients back into the soil goji acai and noni berries may be more hype than substance xylitol a sugar alcohol with a third fewer calories than sugar could actually help prevent cavities and even ear infections people who eat avocados tend to weigh less than those who don t beets might help you run faster and maybe even perform better in bed In *Unmasking Superfoods* Sygo discusses the latest research on the most popular superfoods and offers recommendations on how or if you should incorporate these foods into your diet *Unmasking Superfoods* Jennifer Sygo, 2012-04-10 The word superfood is everywhere these days but which of the many hyped foodstuffs should you really change your diet to include In this collection of her National Post columns on foods ranging from quinoa to sardines dietician Jennifer Sygo offers clear realistic advice on what to eat and what to avoid at the grocery store

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