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The Dole Nutrition Handbook: What To Eat and How To Live for a Longer, Healthier Life

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The Dole Nutrition Handbook comprises the best handpicked information from the Dole Nutrition Institute, the research and education organization founded by David H. Murdock, Chairman of Dole Food Company. This book will teach you:

- Everything you need to know about the vitamins, minerals and phytochemicals that support optimum health.
- Top superfoods with the highest nutrient density and off-the-charts antioxidant power.
- The Dole Diet: a complete two-week meal plan that curbs cravings with total nutrition through filling fruit and vegetables.
- Dietary and lifestyle tips for your heart, brain, skin, bones, joints and more. Total body health- from head to toe.

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