



Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes: ... and Delicious Recipes for Overall Wellness)

Paul M. Gross

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“Paul Gross, the “Berry Doctor,” gets beyond the marketing hype on superfruits. By looking at nutrient density, research support and popular appeal, Gross delivers a cornucopia of offerings that can easily enhance well-being. Further, he includes ideas to add the nutrient-rich fruits into the diet, whether via simple suggestions in the breakdown of each offering, a list of the types of products to look for in the supermarket, or by following the creative recipes. Gross enables readers to make proactive choices to enhance their own health.”

--Heather Granato, Group Editor, Virgo Publishing

“Dr. Paul Gross has done an excellent job. This book will be an important resource for informing the public about the health effects of fruits.”

—Gary Stoner, Ph.D., Comprehensive Cancer Center, Ohio State University

“Dr. Paul Gross’s straightforward and well-documented book provides strong direction and clear-cut answers for consumers, based on well-reasoned research and compelling evidence. His use of readily-understandable superfruits criteria and a ‘points system’ for rating health-beneficial fruits is a welcome answer to consumers seeking the best choices for themselves and their families.”

—Mary Ann Lila Ph.D., Director, Plants for Human Health Institute, North Carolina State University

“Dr. Gross is a leading expert and strong proponent of consumer education and superfruit science, and following careers as a university scientist, entrepreneur, and food industry consultant, he is the leading advocate for superfruits and superfruit science.”

-- Steve Talcott Ph.D., Department of Food Chemistry, Texas A&M University

“This is a book for the public, for nutritionists, MDs and alternative medical practitioners, vegetarians, for anyone who wants to better understand what a well-chosen selection of superfruits can do for you inside and out besides tasting great.”

—Ian Crown, Panoramic Fruit Company, Puerto Rico

All fruits are NOT created equal The “Berry Doctor” reveals secrets behind nature's healthiest fruits

What would you do to increase your chances of living longer and healthier? Superfruit expert Paul Gross, Ph.D. ranks the top twenty fruits that can help you get started on a lifelong healthy diet, and he gives you the science behind each fruit's unique nutritional advantages. Eating superfruits regularly can help you look younger, lose weight, and reduce your risk of getting cancer, cardiovascular disease, or diabetes.

All fruits have some health-promoting potential, but *Superfruits* reveals which ones pack the most value for your well-being.

***Superfruits* features:**

- Sidebars for each essential nutrient along with Fun Facts, Myth Busters, and Science Behind It
- Tips for the best ways to eat and shop for superfruits, including a section on how to incorporate superfruits into a Mediterranean diet
- 75 delicious recipes for smoothies, salads, desserts, and more

DID YOU KNOW THAT:

- Red grapes contain resveratrol, a phytochemical that shows exciting promise in the fight against premature aging, diabetes, and cancer
- Superfruit seeds from kiwis, figs, and strawberries are rich in protein, omega fats, and micronutrients
- Pasteurizing and overprocessing are the main reasons for nutrient loss in manufactured superfruit juices

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From reader reviews:

Ruth Graham:

This Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes: ... and Delicious Recipes for Overall Wellness) book is simply not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book will be information inside this reserve incredible fresh, you will get info which is getting deeper you read a lot of information you will get. This Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes: ... and Delicious Recipes for Overall Wellness) without we understand teach the one who reading through it become critical in imagining and analyzing. Don't possibly be worry Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes: ... and Delicious Recipes for Overall Wellness) can bring whenever you are and not make your tote space or bookshelves' become full because you can have it in the lovely laptop even mobile phone. This Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes: ... and Delicious Recipes for Overall Wellness) having great arrangement in word and also layout, so you will not really feel uninterested in reading.

Tom Scott:

Reading a guide can be one of a lot of task that everyone in the world likes. Do you like reading book consequently. There are a lot of reasons why people love it. First reading a e-book will give you a lot of new data. When you read a reserve you will get new information due to the fact book is one of various ways to share the information or their idea. Second, looking at a book will make anyone more imaginative. When you examining a book especially fictional book the author will bring you to definitely imagine the story how the people do it anything. Third, it is possible to share your knowledge to some others. When you read this Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes: ... and Delicious Recipes for Overall Wellness), you can tells your family, friends in addition to soon about yours e-book. Your knowledge can inspire different ones, make them reading a book.

Kristen Clifford:

Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes: ... and Delicious Recipes for Overall Wellness) can be one of your nice books that are good idea. We all recommend that straight away because this book has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to put every word into joy arrangement in writing Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes: ... and Delicious Recipes for Overall Wellness) nevertheless doesn't forget the main stage, giving the reader the hottest and also based confirm resource information that maybe you can be certainly one of it. This great information may drawn

you into new stage of crucial considering.

Nellie Nelson:

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