





TABLE OF CONTENTS

Chapter 1 Basic Nutrition	1
Chapter 2 Fruits & Vegetables	9
Chapter 3 Dietary Fats	21
Chapter 4 Physical Activity	29
Chapter 5 Health Risks	33
Chapter 6 Sleep	37
Chapter 7 Alcohol & Tobacco	43
Chapter 8 Obesity	51
Chapter 9 Cancer	63
Chapter 10 Cholesterol	71
Chapter 11 Hypertension	81
Chapter 12 Heart Disease	89
Chapter 13 Diabetes	97
Chapter 14 Joint & Back Problems	103
Chapter 15 Aerobic Conditioning & Strength Training	111
Chapter 16 Vitamins, Minerals & Supplements	139
Chapter 17 Nutrition Information	165
Index	177