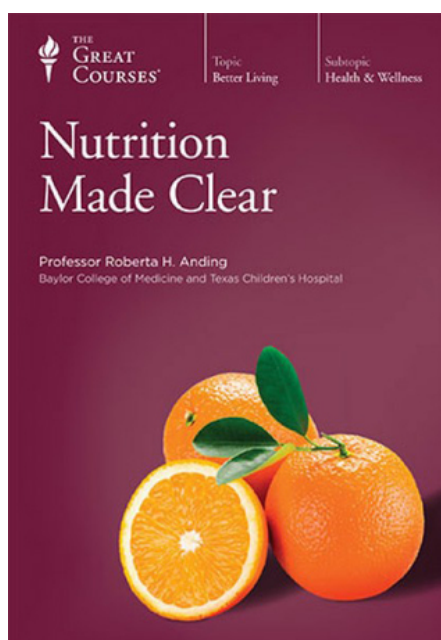




Nutrition Made Clear

Roberta Anding

Download now

Read Online ➞

Nutrition Made Clear

Roberta Anding

Nutrition Made Clear Roberta Anding

Making smart eating choices is essential to living a healthy, happy, and successful life. Yet all too often, we're exposed to information and techniques that promise quick and easy results but can be harmful to your overall health: crash diets, experimental medications, ever-changing studies on what you should eat more or less of, and more. It can be confusing to dig through the mass of hype, myth, and misconceptions about good nutrition habits. So in the face of potentially misleading information and aids, where can you find the key to nutritional success?

The answer: in understanding the concepts, practices, and science behind good nutrition. Once you master the intricate—and undeniably captivating—interaction between what you eat and its effect on your body and mind, you unlock a powerful and scientifically proven tool to use in the quest for maintaining or improving your personal health.

Nutrition Made Clear is your opportunity to finally sort through nutrition misconceptions and replace them with hard science you can understand. In 36 in-depth lectures taught by dietitian and award-winning Professor Roberta H. Anding, you explore the fundamentals of good nutrition and get a practical and personal guide to applying these fundamentals to your unique lifestyle. Designed to appeal to anyone at any age, this course is an invaluable source of medically backed, statistically proven information about the guidelines for healthy eating and living.

Nutrition Made Clear Details

Date : Published 2009 by The Teaching Company

ISBN : 9781598036060

Author : Roberta Anding

Format : Audio CD

Genre : Nonfiction, Health, Science, Nutrition

 [Download Nutrition Made Clear ...pdf](#)

 [Read Online Nutrition Made Clear ...pdf](#)

Download and Read Free Online Nutrition Made Clear Roberta Anding

From Reader Review Nutrition Made Clear for online ebook

Benjamin says

I feel like this might be the worst of the Great Courses products I've gotten to-date. It does the minimum of being informative about a lot of things, like vitamins and minerals, but the lectures are more like a laundry list with long explanations about different things. I didn't feel like I was getting a lot more than if I just looked up the information myself with how the lectures were organized. It might be good for an unhealthy person trying to be healthy or someone with some vitamin or mineral problems, but it really didn't offer much for a healthy person trying to be healthier.

Melanie says

Great advice from a registered dietician. This is a course so it does become more technical.

Jeff Yoak says

This course was fantastic. I was motivated to learn about more about nutrition when my wife got involved with the Paleo diet and while some aspects seemed like big improvements, I had concerns about other parts. While those conclusions more or less held after the course, I've found that it has provided a lot of structure to shape my diet and get more fit. Learning a lot enables me to approach the situation more as a game where I can plan outcomes and exercise control which is fun for me rather than just trying to eat cheeseburgers less often, which while an important aspect, isn't as much fun in itself.

I would recommend this course to anyone who wants to learn technical basics of nutrition. I think it does as much as a general 16-hour course aimed at the general audience could possibly do. It's fun to listen to and provides a lot of both abstract knowledge and concrete suggestions. If you're thinking about a diet for weight loss or to achieve some other health goal, I would expect this course to provide new information and some motivation.

Puck says

I wanted to hold off on reviewing this until I finished, but all along the way I was recommending it to folks.

I learned so much from this - from just the interesting mechanics of how oatmeal lowers cholesterol to confirming what I was doing right and what I was doing wrong.

I really appreciated Roberta's open mind to different diet preferences (pescatarian, vegetarian and vegan) and the format of the lectures personal story, information, data, studies, conclusions, FAQs - though sometimes the anecdote at the start got a little... meh. I see the value of it, but could happily skip them.

For other Audible members complaining that the lecture notes often referred to were not included - for the most part, you can do without them, but occasionally she does say 'you'll find this or that data in the notes' a quick google pulls them up in PDF form.

I have to admit - at the end, I got a little sad during her farewell, after 18+ hours with the lady, you start to feel like she's a friend.

Tracy says

I love listening to this audio book while eating alone, or cooking, washing dishes, or doing anything related to house chores at home. The information is super helpful and just a great way to motivate me for a healthy diet plan. It's very hard to be listening to this book telling you how to eat healthy while eating snacks at the same time. :-) It reminds me how I shouldn't go workout with an empty stomach, how I should drink my water, and eat my carb and fiber... I'm currently only on Ch. 7 and I wish the course will never end!

Karl says

This NEEDS to be part of mandatory curriculum somewhere during K-12... Closer to the K than the 12!

Lori says

I have studied nutrition so much over the years I was skeptical about this, but when Audible put it on sale, I took a chance. An EXCELLENT overview by a certified dietician. Broken into 36 in-depth lectures Roberta Anding cuts through the "noise" as so much of the nutritional claims have become and looks at the science behind it all - in other words, is there any validity to any of the claims? I listened to this a lecture at a time over several months, between books. I consider it time well spent on a subject that has always interested me.

Terry Koressel says

Another excellent offering from Great Courses. I have yet to be disappointed. Ms. Anding does a wonderful job clarifying and simplifying the dizzying world of nutritional science. And I do mean science. She focuses on the science....the proven science....in making recommendations and developing lifelong nutritional principles. All the Great Courses are long and detailed, but that is precisely why I listen to them. There is so much value in the details. Ms. Anding does a masterful job providing the scientific underpinnings of each nutritional topic without losing the lay person like myself. There are clearly three overarching themes to her nutritional philosophy: 1) Eat more whole, unprocessed foods; 2) Eat a well-balanced diet; 3) Do not necessarily eliminate meat proteins, but limit their proportion in your diet. Here is my best recommendation: I have changed my diet significantly and I am certain that I will do so for the rest of my life. Well done Great Courses and Roberta Anding.

Ray Campbell says

Over the past ten years of training for marathons, earning coaching certification and coaching running and rowing, I've read dozens of books on health, exercise and nutrition. This looked like a comprehensive college level overview, and it was. Roberta Anding does a nice job of explaining the science as well as the practical

applications of a wide range of nutrition concepts. She confirmed ideas I believed were true, dispelled myths and provided some warning I hadn't thought of. I know vitamins and nutrients can have unexpected effects, I didn't know that niacin, which I take for cholesterol, raises blood sugar - bad for my diabetes! So I gained some valuable insight.

Why the three stars? Three stars says I liked it. It didn't shock or amaze me and the prose weren't brilliant. It was simply a good survey course which I value having completed. If you have an interest in being healthier, this is a solid series of lectures on topics concerning nutrition.

Holger Matthies says

... I know Kung Fu!

This course holds all promises - it delivers on what is important, calling out BS by name and goes as deep as a layman can handle. You'll get what you need on nutrition, on calories, on lifestyle, on illness, on gaining weight, losing weight, sports, aging.

As an additional benefit, it'll teach you to appreciate Nutrition as a science. I thought nutrition was still muddled in fads and controversy - and to a degree it is, the author points out her own past mistakes and how this young science is still involving. But the past years have also brought a reassuringly scientific body of knowledge that is being built upon.

Some reviews were unhappy with the absence of the Guide Book - I didn't feel the need to look it up at all. The course is comprehensible enough. My only suggestion for the next version of the course would be better editing (the author repeats some phrases so much it can be distracting) and making it less US centric. These points do not diminish the value I got from the course, though.

Lisa says

This course was fabulous!!! I listened to one or two lectures a day on Audible. I have read countless books on nutrition, good health and weight management. This course is by far the BEST!

Roberta Andling is wonderful. . . She knows nutrition inside and out and obviously has a passion for her work. I felt like she was my own personal dietitian. At first I was skeptical in listening to such a long course but I was fascinated from the first lecture. I couldn't wait to get in my car and listen.

I've been struggling my entire life with my weight. I've lost the same 20 pounds over and over again. It's so frustrating. Like many others, losing weight and getting healthy was at the top of my list in New Years Resolutions.

I've had success before with low carb. I lost the weight but couldn't maintain it- Im a vegetarian and i missed my beans and brown rice. So I put the weight back on and then some. I had a plan that right after New Year's I was going to go on the keto , lose the 20 pounds and then add back the carbs but learn how to be moderate and keep it off.

As I started listening to this book I had an epiphany, if I can't stay on a diet forever then as soon as I get off of it I'm going to start putting the weight back on , little by little, until I'm right back where I started from.

This course taught me how to make permanent changes in my life and my relationship with food. I eat well , I just eat too much ?

Here is an interesting tidbit- in the month I was listening to this book , making very small and manageable changes (without even realizing it), I actually lost 3 pounds. I wasn't dieting , I just added more fruits and veggies and did a better job measuring portions. 3 lbs in a month is not a lot. But in a year that would be 36 lbs lost - lost on a diet that I can follow for the rest of my life.

Life changing course. . . I highly recommend ♥️♥️♥️♥️

Amina says

Best nutrition info source ever! 36 lectures on multiple subjects including: why we eat the way we do, facts and fiction about the sources of nutrition, calories balance, hydration, supplements, diseases related to our eating and living style.

What I liked most about it is the scientific evidence-based information, put in a very simple way for everyone to understand, the atmosphere was really enjoyable and these courses are highly recommended!

Kurt Menapace says

A great course. There is a lot of information that will overwhelm someone that is not a Dr or a nutritionist but it is explained well and tied in to what is being delivered to the listener. It has really changed a lot from what I've read and heard about nutrition in my life and I'm currently benefiting from this book. And since it is an audiobook I'll also grade her performance and it was outstanding. She is clear, concise and move it at a perfect pace.

Ilinca says

This woman knows her stuff. Unlike websites that promote cure-alls and fads, she has science behind her every statement. Wherever there are doubts, she lays them out; wherever there is stupidity in the general public that chooses this year's diet over common sense, she calls it out respectfully and emphatically. I am skeptical (to say the least) of diet fads, alternative medicine and cure-alls; I enjoyed her calm approach to them.

I can't emphasize enough how in control she is of this topic - her credentials are obviously backed by substance. Nothing in this course is "revolutionary", which is a good thing - that's 99.999% of the cases a sure sign of quackery. All in all, glad I took the time.

Rick Hall says

Very informative. It was very interesting to learn about the differences between vitamins and minerals; their composition, and how they act in the body.

The takeaway, as we all already know, is to eat a wide variety of whole foods.
