



# **Nutrition Diva's Secrets for a Healthy Diet: What to Eat, What to Avoid, and What to Stop Worrying About**

*Monica Reinagel*

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Tired of trying to figure out what you should be eating for breakfast, or whether it's ever OK to eat before going to bed? Want to know which type of milk, or cereals, or meats are best so that food shopping is easier?

Millions of people already eat, look, and feel better thanks to popular podcast host and board-certified nutritionist Monica Reinagel. In her highly-anticipated guidebook she sorts through all the conflicting nutrition information out there and busts outdated food myths, so you'll know exactly what to eat (and what to avoid) once and for all. Don't worry if pasta makes you happy, if chocolate keeps you sane, or if you just can't stand broccoli; no food is off limits and none is required. Instead, Monica walks you through every aisle of the grocery store and through each meal and snack of the day, helping you make healthier choices and answering your burning questions, including:

- How often should you eat?
- Which organic foods are worth the extra cost?
- Does cooking vegetables destroy the vitamins?
- Should foods be combined in certain ways for better digestion?

Complete with grocery shopping lists, simple, delicious recipes, and sample meal plans, Nutrition Diva's *Secrets for a Healthy Diet* will have you feeling healthier, looking better than ever before, and no longer worrying about what to eat for dinner.

## Nutrition Diva's Secrets for a Healthy Diet: What to Eat, What to Avoid, and What to Stop Worrying About Details

Date : Published March 1st 2011 by St. Martin's Griffin

ISBN : 9780312676414

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Format : Paperback 256 pages

Genre : Health, Food and Drink, Food, Nonfiction, Nutrition, Reference

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# **From Reader Review Nutrition Diva's Secrets for a Healthy Diet: What to Eat, What to Avoid, and What to Stop Worrying About for online ebook**

## **Melanie says**

It's hard for me to review this because I didn't really learn anything new as far as eating healthy goes - I'm pretty well read (and practiced) in that area already. But it has a nice conversational tone that I like, far too many of these types of books are really 'dry' for me and hard to get through. I like that it's not food fad-ish and even goes out of it's way to debunk a lot of 'diet myths' like how eating at night is bad for you (untrue) and that you *\*have\** to drink a lot of water, etc. The tables throughout the book and at the end are very helpful for seeing in a glance the differences between certain types of foods, like bread, artificial sweeteners, oils, etc., so that you can make the best choice for your needs.

If you are already following a healthy diet I don't think you need to read this book but it could be an eye-opener/jump start to those who are looking to make some solid, non food fad-type changes to their diet.

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## **Suellen says**

Won this book in a Goodreads Giveaway. I got it today and I am so anxious to get started on it. Will rate and review when I am finished.

As promised...

I loved this book. I couldn't put it down. It's packed full of useful information about nutrition. It addresses the fallacies, myths and urban legends that many of us believe to be true. As the title says, it helped me to see what to eat, what to avoid, and what to stop worrying about. If you haven't read up on the current thoughts in nutrition, this is a great book for you. It's fun too. Nutrition Diva has a new loyal fan.

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## **Leta says**

Monica Reinagel writes clear, entertaining, and easily digestible (sorry) advice that is based on scientific studies and is pretty "preferred style of eating" neutral. No one gets scolded for whatever preferences or restrictions might drive some of their choices and everyone gets lots of smart tips for how to make the most of each meal.

Not surprisingly, there is a strong emphasis on fruits and veggies, lean protein (animal and other), and whole grains. I think that the only ingredient she says "no" to are trans-fats. Even sugar, while it is a "mostly no" isn't barred.

Worth reading and worth re-reading every so often as a refresher.

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## **Vince says**

Chock full of useful advice, handy recipes, and Nutrition Diva's trademark mythbusting. A practical, helpful guide to shopping and eating well.

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## **LaShona says**

This book is a good and easy reference for anyone who is just beginning to change to a healthy eating lifestyle. If you are like me and are informed about eating healthy there is no new information revealed in this book.

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## **Sabra says**

I really appreciate this book's down-to-earth advice on how to eat a healthier diet. Some of it is kind of "duh", but it helps debunk a lot of myths in the diet industry right now. She lets you know what to stop worrying about - but also instills the fear of eating the typical American sugar-laden diet, which is what we should all be worrying about. I never knew we had so many hidden sources of sugar! Of course we are all getting type 2 diabetes! I would recommend this book to everyone that eats, even if you aren't really looking to lose weight.

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## **Chad Warner says**

This is my kind of nutrition book! It provides just enough data to help you make informed decisions, and avoids being a boring nutritionist's textbook. Reinagel tells you what to choose and what to avoid when shopping or dining out. She also busts many persistent nutrition myths. I agree with her advice, which is to choose fresh, whole foods over processed, packaged, and prepared foods. She advocates preparing meals at home, but if choosing packaged foods, to choose those with simple, recognizable ingredients.

Reinagel says to build a diet around protein and vegetables, and says that grains and dairy aren't essential to a healthy diet (although they can have a place). She addresses concerns about pesticides, antibiotics, genetically modified foods, and industrial foods, but isn't preachy.

I've been a fan of Reinagel's Nutrition Diva podcast for years. This book is basically a collection of the information and advice from the podcast, organized into chapters.

## **Grocery shopping**

You can download Nutrition Diva's Shopping Guide.

### **Produce**

- Vegetables should make up 1/3 - 1/2 of your diet and grocery bill.
- Buy & eat least one from each of these groups:
  - - green (lettuce, spinach, etc.)

- red/orange (tomatoes, carrots, etc.)
- cruciferous (cabbage, broccoli, cauliflower, etc.)
- pods (peas, green beans, etc.)
- stinkers (onions, garlic, etc.)

- The benefits of fruits and vegetables far outweigh the risks of pesticide exposure. 50% of exposure to pesticides happens before age 5, so young kids should reduce exposure. Reduce pesticide exposure by 90% by buying organic forms of the Dirty Dozen: peaches, apples, bell peppers, celery, nectarines, strawberries, cherries, pears, grapes (imported), spinach, lettuce, potatoes.
- The freshness of produce has more impact on nutrition than whether it's organic.
- Frozen produce can be more nutritious than fresh.
- Frozen vegetables are usually more nutritious than canned, and contain no added salt. The texture and flavor are usually better too. Cans contain BPA, which may be a health concern.

#### Dairy

- Dairy isn't necessary, but can be a good source of protein, calcium, and Vitamin D.
- Low- or non-fat Greek yogurt is higher in protein but lower in calcium than regular yogurt.
- Cheeses that are lower in fat and calories: part-skim ricotta, mozzarella, feta, goat, cottage.
- About 2 eggs/day won't increase cholesterol or risk of disease.

#### Meat

- Red and white meat can both be healthy. Look for well-trimmed cuts.
- Avoid cured meats with nitrites.
- Deli turkey, chicken, and roast beef are generally nitrite-free, but look for low-sodium versions.

#### Grains

- Grains aren't essential.
- Intact grains are even better than foods made with whole grain flour.
- Whole grain breads, tortillas, etc. should have at least 3 g of fiber per serving.

#### Sweeteners

- Artificial sweeteners aren't dangerous.
- All sweet-tasting foods should be consumed in moderation, whether naturally or artificially sweet.

#### Oils

- Use extra-virgin olive oil as your primary oil. Canola can be substituted, but it lacks olive polyphenols.

#### Nuts and seeds

- Raw, unsalted nuts and seeds are best. Next best is dry-roasted and lightly salted. Worst is honey-roasted.
- Nut and seed butters should contain only the nut or seed and maybe some salt. Avoid sugar, hydrogenated oils, and other additives.

#### Packaged and prepared foods

- Avoid partially hydrogenated oils.
- High Fructose Corn Syrup isn't worse than other sugars; it's the quantity in which it's consumed that's the problem.
- Protein % DV  $\geq$  carbohydrate % DV (protein % DV = 2x protein g).
- Fiber % DV  $\geq$  carbohydrate % DV.
- Sugar g < fiber g

## Caffeine

- Caffeine negatively affects the development of babies, so pregnant women should limit their intake.
- For everyone else, a moderate amount of caffeine has some benefits and limited disadvantages. Limit to 3-4 cups of regular coffee or equivalent.

## Additional grocery notes

- Cold cuts, bacon, sausage, etc. made from turkey or chicken are often as unhealthy as traditional (fat, sodium, nitrites). Low-fat versions are usually higher in sodium.
- Dried beans are better than canned: lower in sodium, better flavor and texture, and cheaper. Cook and freeze to save prep time.

## Diet

- “Eat breakfast like a king, lunch like a prince, and supper like a pauper.”
- Eat 4-6 servings of grains per day.
- Maximum amount of protein to eat each day = 1 g for each pound you weigh. Minimum amount of protein =  $\max/3$ .
- Going 3+ hours between meals can have beneficial effects, and doesn't negatively affect blood sugar or metabolism. It takes about 3 days of fasting before the body lowers metabolism.
- Eat veggies with healthy fats because the vitamins in veggies are fat-soluble.
- Eat as many raw veggies as you want, but limit fruit to 2 cups/day due to sugar content.

## Breakfast

- Eat 25-30% of daily calories before lunch (400-700 calories).
- Have at least 15 g of protein at breakfast to keep hunger at bay.

## Lunch

- 1/3 of calories (500-800).
- At least 1 serving of protein.
- 1-2 servings of vegetables.
- Bread/grains are optional; protein and vegetables are better.

## Dinner

- 1/3 of calories (500-800).
- At least 1 serving of protein.
- 1-2 servings of veggies.
- Maybe a grain or starch.

## Chinese

- eat: wonton or hot-and-sour soup, spring roll, steamed dish with light sauce, plain or brown rice
- avoid: fried rice, egg rolls, crispy noodles, battered and deep-fried items, sweet-and-sour dishes

## Mexican

- eat: grilled chicken or vegetable fajitas, fish tacos, soft tacos, black beans, tamales
- avoid: chips, burritos, quesadillas, taco salad, chimichangas, hard-shell tacos, refried beans

## Cooking vegetables

- Minimize vegetable cooking time and contact with water. Microwaving preserves more nutrients than other methods.

- Add fast-cooking veggies to soups just prior to serving.

#### Supplements

- A basic daily multivitamin can fill in the gaps, but get as much as you can from a healthy diet.
- Take a calcium supplement only to cover any gap between dietary intake and recommended amount.
- Get 400 IU of Vitamin D daily from food and/or supplements.
- A fish oil supplement is fine, but you'll need less Omega-3 if you reduce your Omega-6 intake. Use and eat products containing olive or canola oil instead of vegetable oils (corn, soybean, peanut, sunflower, safflower).

#### Diets

- The most useful form of low-carb diet is to simply limit foods containing refined flour and sugar.
- The Mediterranean Diet is very good.

Exercise: There's no best time of day to exercise. All that matters is calories consumed and burned over the long term.

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### **Emilie says**

3.5 stars.

I used to listen to Nutrition Diva's podcast due to it being so clear that she had a DEGREE in nutrition and debunked myths and bias made by magazines etc. However, what made me stop was that it became a bit too much about weightloss and counting calories, I suspect because that's what people want and rather get the answer from a professional, right?

This book was sort of like that. It was great explaining nutrition WITHOUT putting you on some hyped-up diet, but those calories... Do we want people to get healthy or create a world of eating disorder?

I do recommend it though.

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### **Joni says**

I really found this book interesting. It was not a dry, boring, eat-these-things-only type book. Monica Reinagel explains the reasons why some choices are better without making it read like a text book. She guides us through the grocery store, with information on reading nutrition labels and shopping smart. Do you know which fish have the highest amount of Omega-3 or which grains are best for you? After reading this book, I do! There are also tips for eating out, late night snacking, and how cooking affects certain types of food. She has even included a few recipes and menus, but this book is not an exact menu. She teaches us how to plan menus for ourselves by knowing which foods are best for us. I really recommend this book to everyone who has an excuse as to why they can't eat healthier!

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### **Abby says**

I won this in a giveaway and have really enjoyed it. Nice mix of science and common sense with easy to understand and follow tips and tricks.

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### **Kims says**

It's not earth-shattering news...eat in moderation, eat real. What I appreciated was the common sense of "most of us can't do organic perfectly so here are some things to be aware of, pick your own battles."

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### **Eli says**

I loved this book. I'm not a fan of fad diets and this book was great for me. It has simple tips for how to approach grocery shopping, meal planning, snacking, beverages, and more. I liked the short sections and quick tips. There was a ton of information in here, but I have no doubt I can go back and find any section I want and refresh my memory with the quick tips.

There were a lot of basic questions that get addressed very well here. I understand about the affects of artificial sweeteners now without having to hear about all the chemical compounds. The organization was nice and you can even go online and get a shopping list that includes a bunch of the tips to help you remember what to get and what to avoid (and why!).

This is not a diet book. It is a healthy eating book. It teaches you how to make healthy choices rather than giving you a strict meal plan that you blindly follow. I know I will be making healthier choices moving forward.

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### **Tina says**

I won this in a Goodreads giveaway (thanks!).

This book was packed full of nutritional information in an easy-to-read format that I found very enjoyable.

The greater part of the book is broken down into two parts: the guide to the grocery store and the 24 hour diet makeover. The author also provides sample meal plans, recipes, serving size guide, a cooking methods guide and a shopping guide.

I have already recommended this book to several friends and have also signed up for her weekly newsletter. This is a worthwhile nutritional book that I will probably read again and again.

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## **Christine says**

This is an excellent guide to basic good nutrition -- a quick read and very accessible. It cuts through the myths and the hypes and the fads and gets down to basics. Really love the first part of the book that essentially walks the reader through the grocery store and talks about decoding nutrition labels, choosing produce that has the least pesticide residue, and making good choices overall.

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## **Jillian Hamlin says**

Monica Renagel's book, Nutrition Diva's Secrets for a Healthy Diet, perfectly condenses all of the information about nutrition for someone who is looking to improve their overall health and everyday choices. With the plethora of options and packages with deceptive marketing, this book serves as a great guide to debunking all of the food myths out there and finding out what myths actually hold some truth. You'll want to carry it with you everywhere!

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