

best restaurants for carnivore diet

best restaurants for carnivore diet seekers often face challenges when dining out, as this animal-based eating plan primarily focuses on meat and animal products while excluding plant-based foods. Finding restaurants that cater to the carnivore diet requires knowing which establishments offer menus rich in meats, seafood, and other animal-derived ingredients without hidden carbs or vegetables. This article explores the best restaurants for carnivore diet enthusiasts, highlighting places with meat-centric menus, customizable options, and knowledgeable staff who understand the strict requirements of this diet. Additionally, the article covers important tips for navigating menus, popular meat dishes to seek out, and regional hotspots where carnivore-friendly dining experiences are abundant. Whether you are new to the carnivore lifestyle or a seasoned adherent, this comprehensive guide will help you confidently find satisfying meals that align with your dietary goals.

- Top Restaurant Chains for Carnivore Diet
- Specialty Steakhouses and Meat-Focused Dining
- Seafood Restaurants Suitable for Carnivore Diet
- Tips for Ordering Carnivore-Friendly Meals
- Regional Carnivore Diet Hotspots in the United States

Top Restaurant Chains for Carnivore Diet

National and regional restaurant chains often provide reliable options for those following the carnivore diet. Many chains feature menus with high-quality cuts of meat, poultry, and seafood, which can be customized to exclude non-animal ingredients. These establishments are popular because of their widespread locations, consistent quality, and ability to accommodate dietary restrictions.

Steakhouse Chains

Steakhouse chains are among the best restaurants for carnivore diet followers due to their focus on beef and other meats. These restaurants typically offer a variety of steak cuts, ribs, and other meat-centric dishes prepared with minimal additives.

- **Outback Steakhouse:** Known for its variety of steaks and grilled meats, Outback offers options such as ribeye, sirloin, and filet mignon. Requesting no sauces or sides containing vegetables ensures a carnivore-compliant meal.
- **Texas Roadhouse:** Specializing in hand-cut steaks and ribs, Texas Roadhouse

provides flavorful options that can be customized to fit the carnivore diet by avoiding sides and sauces with plant ingredients.

- **LongHorn Steakhouse:** Featuring a wide range of grilled meats, LongHorn offers flexible menu items that carnivores can enjoy by requesting simple preparations and animal-based sides like bacon-wrapped shrimp.

Barbecue and Smokehouse Chains

Barbecue establishments are ideal for carnivore diet enthusiasts due to their emphasis on smoked meats and animal proteins. These restaurants often serve brisket, pulled pork, ribs, and sausages, which align well with carnivore dietary restrictions.

- **Famous Dave's:** With a menu focused on smoked meats and barbecue classics, Famous Dave's offers carnivore-friendly options when requesting no sugary sauces or vegetable-based sides.
- **Smokey Bones:** Known for its ribs, chicken, and smoked meats, this chain caters well to carnivore diners by allowing customization to avoid non-meat ingredients.

Specialty Steakhouses and Meat-Focused Dining

Beyond chains, specialty steakhouses and meat-focused restaurants provide an elevated dining experience centered on premium cuts of meat and animal products. These establishments often emphasize quality sourcing, expert preparation, and minimalist seasoning, which complement the carnivore diet.

Classic Steakhouses

Classic steakhouses often pride themselves on serving prime beef and traditional animal-based dishes. These venues are some of the best restaurants for carnivore diet followers due to their meat-first approach and ability to accommodate strict dietary needs.

- **Ruth's Chris Steak House:** Famous for USDA Prime steaks served sizzling on cast iron, Ruth's Chris offers carnivore-friendly options with customizable sides and sauces.
- **Morton's The Steakhouse:** Known for exceptional steak quality and rich meat dishes, Morton's allows diners to request simple preparations that fit the carnivore diet.
- **Fleming's Prime Steakhouse & Wine Bar:** Offering a variety of prime cuts and seafood, Fleming's provides options that carnivore dieters can enjoy by avoiding plant-based accompaniments.

Specialty Meat Restaurants

Some restaurants focus exclusively on unique or specialty meats such as bison, venison, or wild game. These locations appeal to carnivore diet enthusiasts looking for variety beyond traditional beef and pork.

- **The Capital Grille:** While offering traditional steakhouse fare, The Capital Grille also occasionally features specialty meats and seafood options suitable for carnivore diners.
- **Local game meat bistros:** Many cities have boutique restaurants specializing in game meats that provide carnivore-friendly menus rich in diverse animal proteins.

Seafood Restaurants Suitable for Carnivore Diet

Seafood restaurants can be excellent choices for carnivore diet followers who include fish and shellfish in their animal-based eating plan. These establishments offer a variety of pure protein options without the carbs and plant ingredients that carnivore dieters avoid.

Grilled and Broiled Fish Options

Grilled or broiled fish dishes prepared simply with salt, butter, or animal-based fats fit well within carnivore diet guidelines. Many seafood restaurants offer customizable preparations perfect for strict carnivore eating.

- Salmon, tuna, cod, and halibut are common fish options suitable for carnivore meals.
- Requesting no marinades or sauces that contain sugar or plant ingredients is essential to maintain diet compliance.

Shellfish and Other Seafood

Shellfish such as shrimp, crab, lobster, and scallops provide variety for carnivore dieters. Many seafood restaurants serve these items steamed or grilled, allowing for simple, animal-based meals.

- Steamed lobster with clarified butter is a carnivore diet favorite.
- Grilled shrimp or crab legs without seasoning sauces offer pure animal protein options.

Tips for Ordering Carnivore-Friendly Meals

Dining out while following the carnivore diet can be challenging without proper planning and communication. Understanding how to order meals that fit strict carnivore guidelines helps ensure an enjoyable dining experience at various restaurants.

Communicate Dietary Needs Clearly

When ordering, clearly state that the diet excludes all plant-based foods including vegetables, fruits, grains, legumes, and plant oils. Ask for meat and animal products prepared without sauces, breading, or marinades containing sugar or plant ingredients.

Customize Your Order

Request modifications such as:

- Steaks or meats cooked in butter, tallow, or animal fat instead of vegetable oils.
- Omitting sides like fries, salad, or bread, and replacing them with extra meat or eggs if possible.
- Avoiding sauces, dressings, or rubs with non-animal ingredients.

Choose Simple Preparations

Opt for grilled, broiled, roasted, or pan-seared meat dishes that showcase pure animal flavors without added carbs or plant-based additives. Avoid fried foods coated in batter or breading.

Regional Carnivore Diet Hotspots in the United States

Certain cities and regions in the U.S. are known for their meat-centric culinary culture, making them ideal destinations for carnivore diet enthusiasts seeking diverse dining options.

Texas

Texas is famous for its barbecue and steak culture, offering numerous restaurants that align well with the carnivore diet. Cities like Austin, Dallas, and Houston boast many steakhouses and barbecue joints that serve high-quality beef and smoked meats.

Midwest

The Midwest, known as America's "Heartland," is home to many traditional steakhouses and meat-focused restaurants. Chicago and Kansas City are notable for their prime steaks, ribs, and meat-centric menus.

California

California offers a variety of upscale steakhouses and specialty meat restaurants, particularly in cities like Los Angeles and San Francisco. These locations often emphasize sustainable and grass-fed meats, appealing to carnivore diet followers seeking quality sources.

Other Notable Locations

- Nashville, Tennessee – Known for Southern-style meat dishes including ribs and smoked brisket.
- Denver, Colorado – Home to many game meat and bison-focused restaurants, perfect for carnivore diet variety.
- New York City – A wide range of steakhouses and seafood restaurants that cater to specialized diets.

Frequently Asked Questions

What are the best types of restaurants for someone following a carnivore diet?

Steakhouses, BBQ joints, and seafood restaurants are typically the best options for those following a carnivore diet because they focus heavily on meat and animal products with minimal plant-based ingredients.

Are there any popular restaurant chains that cater well to the carnivore diet?

Yes, popular chains like Outback Steakhouse, Texas Roadhouse, and LongHorn Steakhouse offer a variety of meat-heavy options that fit well within the carnivore diet guidelines.

How can I find carnivore-friendly options at non-

specialized restaurants?

Look for restaurants that have customizable meat dishes, such as burger places or diners, and order items like grilled steak, bacon, eggs, and other animal-based proteins without sauces or sides containing vegetables or grains.

What should I avoid when dining out on a carnivore diet?

Avoid dishes with breading, sauces containing sugar or vegetable oils, and sides like fries, salads, or grains. Stick to plain meats, eggs, and animal fats to stay true to the carnivore diet.

Are there any fine dining restaurants known for carnivore-friendly menus?

Some fine dining restaurants focus on meat-centric tasting menus or butcher-centric concepts, offering high-quality cuts of beef, lamb, pork, and game that are ideal for the carnivore diet. It's best to check the menu in advance or call to inquire about customization options.

Can I follow the carnivore diet when ordering takeout or delivery?

Yes, many steakhouses and BBQ restaurants offer takeout or delivery with meat-heavy options. When ordering, ask for plain grilled or roasted meats without sauces or sides that contain vegetables or carbs to maintain the carnivore diet.

Additional Resources

1. *The Carnivore's Table: Top Restaurants for Meat Lovers*

This book is a comprehensive guide to the best restaurants around the world that cater specifically to the carnivore diet. It features detailed reviews of menus, highlighting prime cuts, preparation styles, and unique dishes that emphasize animal-based ingredients. Perfect for those who want to enjoy dining out while staying true to their meat-centric lifestyle.

2. *Meat Eater's Paradise: Discovering Carnivore-Friendly Dining*

Explore a curated list of restaurants that excel in serving carnivore-friendly meals, from steakhouses to specialty butcher shops with in-house dining. The author includes tips on ordering and customizing dishes to fit strict meat-only dietary preferences. This book also offers insights into the benefits of the carnivore diet and how to maintain it while traveling.

3. *Steakhouse Secrets: Best Spots for Carnivore Diet Enthusiasts*

Focusing on the world's finest steakhouses, this book reveals hidden gems and popular chains alike that provide exceptional meat dishes suitable for the carnivore diet. Readers will find recommendations on the best cuts, cooking methods, and wine pairings that

complement a meat-based meal. It's an essential resource for anyone looking to indulge in premium steaks and animal proteins.

4. Carnivore Cuisine: Dining Out Without Compromise

This guide helps carnivores navigate restaurant menus with confidence, offering advice on how to find or request meat-only options at various eateries. It includes profiles of restaurants that have embraced the carnivore trend, showcasing dishes that are both delicious and diet-compliant. The book also shares recipes inspired by these dining experiences for home cooking.

5. The Ultimate Meat Lover's Restaurant Guide

A global survey of restaurants that prioritize high-quality meats, from traditional BBQ joints to modern gastropubs. The author provides insights into sourcing, preparation, and presentation of meats that align with the carnivore lifestyle. Readers will discover new places to enjoy hearty, satisfying meals that emphasize animal products.

6. Carnivore's Choice: Where to Eat on a Meat-Only Diet

This book offers a practical approach to eating out while following a strict carnivore diet, highlighting restaurants known for their meat-centric menus. It includes personal anecdotes, expert interviews, and detailed listings organized by city and cuisine type. The guide empowers readers to maintain their dietary goals without sacrificing culinary adventure.

7. Meat-First Dining: Best Restaurants for Carnivore Diets

A specialized guide that focuses on establishments with menus designed around meat as the primary ingredient. The book explores various cooking styles and cultural approaches to meat dishes, providing readers with a diverse selection of carnivore-friendly dining options. It also discusses the nutritional aspects of different types of meat served at these restaurants.

8. Carnivore Approved: Top Rated Meat Restaurants Worldwide

Featuring top-rated restaurants from multiple countries, this book is ideal for travelers seeking carnivore-approved meals on the go. It offers detailed descriptions of signature dishes, chef philosophies, and customer reviews emphasizing meat quality and preparation. The author also includes tips for communicating dietary needs when dining abroad.

9. The Meat Lover's Roadmap: Navigating Carnivore Diet Dining

This practical guide helps readers plan their meals when dining out, focusing on restaurants that understand and cater to the carnivore diet. It provides strategies for menu navigation, ingredient selection, and avoiding hidden non-meat additives. With a focus on accessibility and enjoyment, the book encourages embracing a meat-first approach even in social dining settings.

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best restaurants for carnivore diet: *The Carnivore Diet Bible* Matt Kingsley, Are you ready to revolutionize your health, boost your energy, and defy the odds of aging? *The Carnivore Diet Bible* is your ultimate guide to unlocking the transformative power of a meat-based diet. This isn't just another diet book—it's a blueprint for a new way of living. Packed with cutting-edge research, real-world success stories, and practical advice, this book shows you how to harness the primal power of animal-based nutrition to achieve unparalleled physical and mental well-being. Imagine a life free from the cravings, chronic fatigue, and health issues that plague so many. With *The Carnivore Diet Bible*, you'll discover how to eliminate inflammation, supercharge your metabolism, and tap into your body's natural ability to thrive. Whether you're looking to lose weight, build muscle, or simply feel your best, this book gives you the tools you need to take control of your health and transform your life. Join the growing movement of people who have ditched the modern diet myths and embraced a simple, sustainable approach to nutrition that's rooted in our evolutionary history. *The Carnivore Diet Bible* is more than a book—it's the key to unlocking a healthier, more vibrant you. Don't settle for less—take the first step toward a stronger, healthier future today!

best restaurants for carnivore diet: *The 30-Day Carnivore Boot Camp* Jacie Gregory, 2025-01-07 *The 30-Day Carnivore Boot Camp* offers practical implementation strategies for shifting to carnivore eating as well as recipes, meal plans, and food lists.

best restaurants for carnivore diet: *The Carnivore Diet* Matt Kingsley, Unlock the secrets to unparalleled health and vitality with *The Carnivore Lion Diet*! This groundbreaking book is your ultimate guide to transforming your body and mind by embracing the diet our ancestors thrived on. Say goodbye to chronic fatigue, stubborn weight, and nagging health issues. Say hello to a life of boundless energy, mental clarity, and peak physical performance. *The Carnivore Lion Diet* isn't just another diet book—it's a comprehensive blueprint for achieving optimal health through the power of nutrient-dense animal foods. Authored by a leading expert in nutrition and fitness, this book distills years of research and real-life success stories into a simple, actionable plan that anyone can follow. Discover how this primal way of eating can: Supercharge your metabolism and shed unwanted pounds effortlessly Eliminate inflammation and chronic pain for good Enhance mental clarity and cognitive function Boost your energy levels and athletic performance Simplify your life with easy-to-follow meal plans and recipes You'll learn why animal fats and proteins are essential for health, how to source the highest-quality meats, and how to overcome common hurdles to maintain this diet in a modern world. With detailed explanations, scientific backing, and practical tips, you'll be empowered to make informed choices and take control of your health like never before. Plus, *The*

Carnivore Lion Diet is packed with mouth-watering recipes that make sticking to the diet a breeze. From juicy steaks and savory lamb chops to rich bone broths and delectable liver dishes, you'll never feel deprived or bored. Don't settle for mediocre health. Embrace the diet that has transformed thousands of lives and discover the lion within you. Order your copy of The Carnivore Lion Diet today and embark on your journey to a healthier, stronger, and more vibrant you. The time to reclaim your health is now—let The Carnivore Lion Diet be your guide!

best restaurants for carnivore diet: The Carnivore Diet Mary Nabors, 2021-12-31 Would you pick a big, juicy grilled steak over a side of spinach any day of the week? Are you already on a keto or paleo diet and just not seeing the results you deserve? Do you want to improve your health by following the wisdom of our ancestors rather than the constantly shifting tides of modern-day nutritional advice? If you want to learn how to shed excess pounds and get fit on a diet that lets you feel full and satisfied, then keep reading! For thousands of years, humans have eaten meat. It was a staple in our ancestors' diets and gave them the strength and energy to survive in the harsh natural world. The carnivore diet, though it is often viewed as a new fad, is modeled on the lives of our ancestors and the amazing benefits they received from consuming almost exclusively meat. If the conventional advice of loading your plate up with veggies and suffering through endless salads just isn't working for you, it's time for a change. Eating what real carnivores have eaten for generations will help you unlock the secrets behind true human peak performance just by making a change to your diet. The Carnivore Diet: The Ultimate Guide for Weight Loss with Special Recipes contains all of the information you will need to succeed, including: Why the carnivore diet really works How to commit to carnivore in a way that minimizes risks and maximizes your chances of success The foods you should be eating and excluding to improve your performance A roadmap for setting and achieving your health and fitness goals starting right from day one Dozens of recipes to help you start your diet off on the right foot You may believe the carnivore diet is just a passing phase in the nutritional world, but the results of going carnivore for as little as one month speak for themselves. This diet is one that has the power to last and the ability to flip everything you thought you knew about nutrition on its head. Concerns about food variety and carefully tracking daily percentages simply melt away, replaced by a newfound freedom to eat delicious, filling meals whenever you are hungry and still accomplish your weight-loss and fitness goals. Even ex-vegans and vegetarians have made the switch to this all-meat diet and experienced shocking results. If you want to make a serious commitment to your health and learn the strategies that mainstream nutritional advice just won't tell you, then there is no better time to start than today. It is time to take the plunge into a whole new world of dieting that hardly feels like you are dieting at all. Whether you are looking to bulk up, burn fat, or simply achieve the next level of fitness, The Carnivore Diet: The Ultimate Guide for Weight Loss with Special Recipes will help you achieve the goals that matter most to you. Buy now and don't put your health on hold any longer.

best restaurants for carnivore diet: Thriving on Carnivore: Mastering the Ultimate Diet for Optimal Health Samantha Andreas, In Thriving on Carnivore: Mastering the Ultimate Diet for Optimal Health, delve into the transformative world of the carnivore lifestyle with comprehensive guidance and expert insights. From understanding the origins of this dietary approach to debunking myths and misconceptions, this book equips you with the knowledge needed to thrive on carnivore. Explore the science behind carnivore nutrition, learn how to build a balanced carnivore plate, and optimize your nutrient intake for peak performance and well-being. Discover the myriad health benefits of carnivore, from weight loss and mental clarity to improved digestion and hormonal balance. Overcome challenges, tailor carnivore to your unique needs, and learn how to sustainably integrate this lifestyle for long-term health. Packed with practical tips, troubleshooting advice, and ethical considerations, Thriving on Carnivore is your ultimate guide to unlocking the full potential of the carnivore diet and achieving a state of vibrant health and vitality.

best restaurants for carnivore diet: Carnivore Diet Mark Duke, If you are looking for something different that can help you lose weight and help fight diseases such as diabetes and cancer, the Carnivore Diet may be right up your ally! Are you sick and tired of trying out every diet

under the sun and seeing no results? In today's market, there are a billion, and one diets telling you to eat this and not that. Whether it is low carbohydrate, high vegetable, or low protein, each and every one of these diets seem to copy one another. Some of the incredible results from the Carnivore Diet include: Weight Loss Increased Energy Improved Skin Quality Improved Blood Sugar Levels Improved Cholesterol And so much more! Plus, what is a diet if you are not going to stick it out? While there will be many people that call you crazy for following an all-meat diet, the results do not lie! On top of benefiting from your diet, you will also be eating some incredibly delicious meals! Within the chapters of this book, you will be handed thirty different meat-filled recipes and ten different meal plans for different sexes and ages! What have you got to lose? You have tried everything else, and all of the fruits and vegetables in the world have failed you! The only thing in between a new diet and amazing results is you! What are you waiting for? Click buy now!

best restaurants for carnivore diet: *Carnivore Cure: Meat-Based Nutrition and the Ultimate Elimination Diet to Attain Optimal Health* Judy Cho, 2020-12-02 Carnivore Cure is the first elimination protocol to explain how to adopt a meat-based diet to bring about healing. Get back to optimal health by finding the perfect foods to fuel your individual body. Most elimination diets work to an extent but fail to consider all the individual, physical symptoms, and food sensitivities. Most elimination diets remove processed foods and additives but fail to remove plant-based toxins that can contribute to disease. Until now. Introducing, Carnivore Cure. You start with meats that have the least number of allergens and sensitivities. Once you reach a baseline of health, then you can incorporate other meats that may have previously caused a sensitivity. As you heal the gut, if you choose to, you can slowly add back plant-based foods. Carnivore Cure will allow you to figure out what plant-based foods can work for your body in the long term. The Carnivore Cure will support you to find your happy medium by focusing on meat-based diet while incorporating the safest plants with most food intolerances considered. This book provides you a step by step protocol to optimal health while also providing you extensive nutritional information and support for a meat-based diet, including debunking nutrition misinformation and providing lifestyle support through the lens of holistic health. YOU CAN HEAL. Because the right food is medicine. Eliminate the wrong foods and eat the right foods for you, and you alone. Take your life back with the Carnivore Cure.

best restaurants for carnivore diet: Summary of Shawn Baker's Carnivore Diet Everest Media,, 2022-05-07T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 I grew up in the 1970s, and I was always obsessed with athletics. I was a fairly skinny kid, but I ended up being 6'5 by the time I graduated high school. I ate the same stuff everyone else did, and I was constantly reading about how to get big and strong. #2 I was a premed student at the University of Texas in Austin when I decided to become a doctor because I was fascinated by science and the human body. I studied a premed curriculum. #3 I was athletic, big, and fast, which helped me become a rugby player. I enjoyed the sport, and when I finished medical school, I dropped out to go to New Zealand and play for a top-level club team. I returned to Texas and joined the Air Force. #4 I was eventually sent to F. E. Warren Air Force Base in Cheyenne, Wyoming, to babysit as many as 150 nuclear warheads. I was decent at pretending to launch nuclear bombs, and was named Missile Combat Crew Commander of the year. I eventually became an instructor.

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stronger, healthier you. Embrace the lion mindset, thrive on the most nutrient-dense foods on the planet, and discover how easy it is to live like the true carnivore you were meant to be.

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best restaurants for carnivore diet: *Change Your Diet, Change Your Mind* Dr. Georgia Ede, 2024-01-30 Combine the surprising truth about brain food with the cutting-edge science of brain metabolism to achieve extraordinary improvements to your emotional, cognitive, and physical health. Are you struggling with attention problems, mood swings, food obsession, or depression? Whatever the issue, you have far more control over your thoughts, feelings, and behavior than you realize. Although medications may bring some relief, in *Change Your Diet, Change Your Mind*, Dr. Georgia Ede reveals that the most powerful way to change brain chemistry is with food, because that's where brain chemicals come from in the first place. In this provocative, illuminating guide, Dr. Ede explains why nearly everything we think we know about brain-healthy diets is wrong. We've been told the way to protect our brains is with superfoods, supplements, and plant-based diets rich in whole grains and legumes, but the science tells a different story: not only do these strategies often fail, but some can even work against us. The truth about brain food is that meat is not dangerous, vegan diets are not healthier, and antioxidants are not the answer. *Change Your Diet, Change Your Mind* will empower you to: understand how unscientific research methods drive fickle nutrition headlines and illogical dietary guidelines weigh the risks and benefits of your favorite foods so you can make your own informed choices about what to eat evaluate yourself for signs of insulin resistance—the silent metabolic disease that robs your brain of the energy it needs to thrive improve your mental health with a choice of moderate-carbohydrate and ketogenic diets that you can personalize to your food preferences and health goals Drawing on a wide range of scientific disciplines including biochemistry, neuroscience, and botany, Dr. Ede will ignite your curiosity about the fascinating world of food and its role in nourishing, protecting, and energizing your brain.

best restaurants for carnivore diet: *Food Lit* Melissa Brackney Stoeger, 2013-01-08 An essential tool for assisting leisure readers interested in topics surrounding food, this unique book contains annotations and read-alikes for hundreds of nonfiction titles about the joys of comestibles and cooking. *Food Lit: A Reader's Guide to Epicurean Nonfiction* provides a much-needed resource for librarians assisting adult readers interested in the topic of food—a group that is continuing to grow rapidly. Containing annotations of hundreds of nonfiction titles about food that are arranged into genre and subject interest categories for easy reference, the book addresses a diversity of reading experiences by covering everything from foodie memoirs and histories of food to extreme cuisine and food exposés. Author Melissa Stoeger has organized and described hundreds of nonfiction titles centered on the themes of food and eating, including life stories, history, science, and investigative nonfiction. The work emphasizes titles published in the past decade without overlooking significant benchmark and classic titles. It also provides lists of suggested read-alikes for those titles, and includes several helpful appendices of fiction titles featuring food, food

magazines, and food blogs.

best restaurants for carnivore diet: *Staying Healthy with Nutrition*, rev Elson Haas, Buck Levin, 2006-09-01 The twenty-first century edition of this groundbreaking work presents authoritative health and nutrition information available in an easy-to-use format and a friendly, engaging tone. "An excellent guide for those wishing to make smarter dietary choices."—Andrew Weil, M.D., author of *Healthy Aging* Decades of practical experience and scientific research from Dr. Elson Haas and Dr. Buck Levin are compiled into one encyclopedic volume that features newly expanded chapters on special supplements, lifestage programs, and breakthrough medical treatment protocols for fatigue, viruses, weight management, and mental and mood disorders such as anxiety, ADHD, and depression. Part One gives a detailed analysis of the building blocks of nutrition: water, carbohydrates, proteins, fats and oils, vitamins, minerals, and other nutrients. Part Two evaluates food and diets, discussing every food group and most diets around the world. A special chapter on the environment and nutrition raises awareness and offers guidance about food additives, industrial chemicals, food irradiation, electro-pollution, and other health and ecological issues. Part Three brings all of this nutritional information together, showing readers how to make wise and commonsense choices while building a healthy diet. A personalized eating plan for the year, the Ideal Diet is both seasonally and naturally based, and a healthy lifelong diet. Part Four contains specific nutritional and life-style therapies for enhancing all stages of life and suggests treatments for common conditions and diseases such as aging, menopause, bone loss, weight loss, and cancer by focusing on nutritional applications: thirty-two special diet and supplemental programs. Anyone interested in enhancing wellness, eating right, treating illness naturally, and living in harmony with nature will find *Staying Healthy with Nutrition* to be the ultimate handbook for optimal health and vitality.

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