


## The Gale Encyclopedia of Diets


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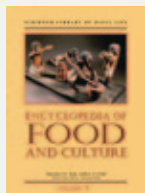
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# The Gale Encyclopedia of Diets

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 This two-volume set presents authoritative, comprehensive information on special diets, dieting and popular diets, dietary concerns, nutrition basics and some effects of dietary choices on one's health. All entries are presented in a standardized and balanced format. Topics are organized around the development and history of a diet; its basic principles; key figures who influenced the practice; and any public and regulatory concerns associated with the diet. Information is provided across all age groups, from infants to the elderly.

Some of the features include:

- Charts, illustrations, a glossary of key terms and sidebars highlighting the pros and cons of each diet
- An appendix providing contact information for support groups and associations
- A cumulative index and cross-referencing; each article includes a bibliography for suggested additional reading and further research
- Approximately 250 photos, charts and illustrations that complement and expand upon the text
- Articles arranged by subject areas using the cumulative index
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- And much more

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- Food allergies
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- Diabetes
- Crohn's disease
- Diarrhea
- Eating disorders
- GERD
- Irritable Bowel Syndrome


### Popular diets

- The Zone
- The Mediterranean diet
- Atkins diet
- Sugar Busters
- Jenny Craig
- Weight Watchers
- Nutrisystem
- South Beach diet

## Nutrition basics

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- Childhood nutrition
- Food labeling
- Adult nutrition
- Senior nutrition
- Vitamins
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