



The New Food Lover's Companion

Ron Herbst, Sharon Tyler Herbst

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The fifth edition of this widely praised and highly esteemed reference guide has been updated with new information to reflect the way we eat in today's world. The authors have taken into account our healthier lifestyles and more diverse palates to include:

- Over 500 new listings, including Korean, Persian, and South American additions
- Updated information for hundreds of existing entries
- A blood alcohol concentration chart for men and women
- An extensive breakdown of food labels and nutritional facts
- Department of Agriculture recommendations for a 2,000 calorie per day food plan.

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