



Nutritarian Handbook & ANDI Food Scoring Guide

Joel Fuhrman, M.D.

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The ANDI Food Scores help you make the best food choices by ranking foods according to their micronutrient content. The Nutritarian Handbook and ANDI Food Scoring Guide explains how eating a diet that is rich in "micronutrients" will enable you to: - prevent or reverse many chronic and life-threatening medical conditions - Achieve and maintain a desirable weight while conquering food addictions and cravings. - Age more slowly, live longer and maintain youthful vigor, intelligence and productivity into your later years.

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