

# The *Lotus Live* Guide to **Nutrition**

(Updated January 10, 2008)

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*"We are what we eat."*  
~Ludwig Feuerbach~  
19<sup>th</sup> Century German Philosopher

## **Introduction**

- With so many fad diets out there, and advertisements about nutrition that are just trying to sell their own product, it's often hard to find good information about what we should actually be eating to stay healthy. This Lotus Live Guide is meant to cut the corporate crap, and get down to the science regarding what nutrition we need, and how we can get it in ways that cost less, and are better for the environment.
- As Lotus Live's knowledge base increases, and as new resources are discovered, this guide will be updated. The most recent version of this guide can be found [here](#).

## **Food Science**

### ***Carbohydrates***

- For now check out the Visionlearning module on [Carbohydrates](#).

### ***Fats and Proteins***

- For now check out the Visionlearning module on [Fats and Proteins](#).

## **Reliable Nutrition Resources**

### ***Books***

- [What to Eat](#) by Marion Nestle (2007) is an extremely reliable guide to all things food. Nestle isn't trying to sell anything except accurate information about what we eat and what we should eat.

### ***Databases***

- You can get comprehensive nutritional information for any serving size of almost any generic type of food, even for multiple preparations from the [USDA Nutrient Data Laboratory](#).

## About this Guide

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*References:*

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If you have any ideas, suggestions, or corrections you would like to contribute to this guide on Nutrition, please send us an email at [dining@lotuslive.org](mailto:dining@lotuslive.org).

Feel free to make use of any of the information in this guide for any purpose--we simply ask that you credit us and our predecessors, and link to us.

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