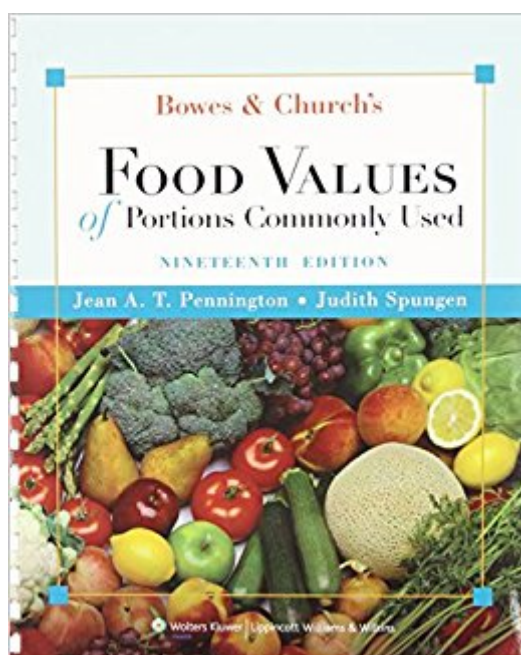


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# Bowes And Church's Food Values Of Portions Commonly Used (Bowes & Church's Food Values Of Portions Commonly Used)



## Synopsis

This classic guide to nutrition has helped put the "balance" in balanced diets since 1937! Now completely updated for the Nineteenth Edition, this bestseller continues to supply authoritative data on the nutritional value of foods in a form for quick and easy reference. The book's main table reflects the current food supplyâlisting more than 6,300 common foodsâand contains data on the nutritional content of foods, organized by food groups.

## Book Information

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## Customer Reviews

really excellent book! I have to track my potassium for medical reasons and there is NO nutrition book out here for anyone to buy that goes beyond sodium count. When asked for suggestions my hospital dietician recommended this book, but I couldn't find it to buy at any store or college.(priced at \$78). I finally found a new"used" copy on .com for \$26. I will be using it the rest of my life it has list of all typed of foods and also brand fast foods too and gives nutrition values for ALL elements and vitamins besides the Basic Cal,Prot,Carb etc...Great Book, I highly recommend it.

I bought the Bowes & Church book about 25 years ago after taking a nutrition course. It was an excellent reference source back then. Then I decided to get a newer edition as I was traveling quite a bit and found the book helpful in my choices for eating away from home. I've also found it useful in evaluating recipes to determine just how much fat was in the recipe since I'm typically on a low fat

diet (sometimes that fried chicken just calls out). It's very handy for managing your salt intake as well. This is a great way to watch what you are eating and how much you are eating. In using this book, I've found that I'm more cognizant about nutrition. I'm not a food cop, watching everything I eat, but it's made me more aware about what I put into my body. For those on very special diets like the potassium restricted diets, you will need to find another source. But if you're watching your carbs, fat, or salt, it's a very useful reference book. It's also great for monitoring how much of the minerals (calcium and iron) or vitamins you're taking in.

First off, this isn't going to be a review of what is included in the book. There are plenty of reviews that explain that. Mostly this review is going to focus on how it is presented. I am a stickler for organizing things in a simple yet logical way. Also let me say that I really wanted to love this book and very much wanted to be able to give it five stars, but unfortunately that is not going to be possible. I also was disappointed in the publisher not allowing us to search for the "Look Inside" feature. Many books will let you search and had I been able to search, I would have saved myself some money. This was a lesson learned. If you can't search it, then it's very likely that the publisher is afraid that you won't buy after you search. I just needed two things out of this book. My requirements seemed simple enough to me: 1. Tell me how much sodium and potassium were in foods. 2. List the foods I normally eat (I don't eat unusual foods) The problem is that I didn't think I needed to include this part: 3. Organize it where it would be easy to find what I am looking for. I suppose I should have made that a requirement too, because this book is a total fail on that part. I spend more time trying to figure out where the heck something is, than actually finding the answer. Let us use tomatoes, as an example. Where would you expect to find tomatoes? Technically it's a fruit, but if you go to the fruit section, you won't find it. Okay, so maybe it's in the vegetable section? No, it's not really there either. Would you have guessed that it would be a vegetable sub-heading called "Fruit (Seed-Containing) Vegetables"? I kid you not. We'll forget for a moment that there is no such thing as a "fruit vegetable" (it's either or, not both), but to assume that we would know to actually look for that type of sub-heading is simply madness. This means that most of the vegetables you are going to be looking for, could be under no less than 8 different sub-headings. EIGHT!!! You cannot simply open the book, turn to the Vegetable section and look something up. That's not how this book works, at all. Another example is the sub-heading "Flower, Stem and Stalk Vegetables". Really? I've never EVER heard the term "stem vegetable". There are plenty of city folks who have never even gardened before, in their life, so how would they know where to find their vegetables? I see no reason at all why the entire thing cannot be done

alphabetically. If you go to look up a word in a dictionary, you don't expect to have to look up the word 'run' under a heading of Verbs, so why is this book organized in such a way? It doesn't make any sense. Then there is another problem with the entries too. You will not find bell peppers under "peppers, bell" nor "bell peppers". In fact, you'll not find any entry that has both those words (bell AND pepper) in them. You'll find a global word that says "sweet peppers" and in that order too. It's under Sweet, NOT Peppers. I use this example because it's an example of theirs on how to use this book. Normally I don't need to actually read instructions on reading a book, but this is definitely required reading for this one. Don't even try looking for "blackeye peas" because it's not under "blackeye" and it's not under "peas". It's under "cowpeas" and there are people out there who have no idea cowpeas and blackeye peas are one in the same. Let's talk about portion sizes. The title says very clearly "Portions Commonly Used". Really? I've yet to meet anyone who eats a single raw tomatillo. That's the nutritional information you get. The correct information is that they are "commonly used" boiled. They'll give you potatoes boiled and spinach boiled, so what's the deal with tomatillos? Then, what are 9 pieces of cilantro (I get that they are sprigs, but ...) and how would that figure in a "bunch"? Most recipes call for chopped or bunches, but never "pieces". Calculating that would be next to impossible. Now my other gripe is about #2, which it also failed on. Imagine my surprise when I read that it has a "dish cloth towel gourd" but does NOT have "poblano peppers". It has "jalapeno peppers" and has even a "Hungarian pepper", but it has neither anaheim nor poblano peppers. Those are used in a lot of dishes here in America and I don't know about you, but I've yet to EVER see a recipe which includes the "dish cloth towel gourd"! I am just dismayed at these entries. All in all, were it not that it carries meticulous information about some foods, this would get a single star. The information contained in this book, if you're lucky enough to find it, is valuable. For this reason, it gets two stars. Honestly, it probably deserves 3-stars but that would insinuate that it's actually a good book, which I believe I've demonstrated that it is not. Is its content useful? Yes. Can you easily use its content? No. Also, you may wish to know that a large part of this information is available for free at the USDA website. Just Google "National Nutrient Database for Standard Reference". Granted, not all the information in this book is in the database, but I'd say most of it is. In the end, if there was another book that met all 3 needs above, then I'd warn against this one completely. How then could I say this is an okay book if I wouldn't recommend it against its competition? I've not found another book that does what this one does (yet). I surely hope that I will some day, or that they'll fix this one. For now, this is the best bet you have, but in the future check to be sure that there isn't another.

This book has information on just about anything that you need to know about food--especially in terms of nutrient value, vitamins and minerals. It is a wonderful resource if you have someone with special dietary needs and you need tables to assist you in finding the foods that are appropriate. I was introduced to it years ago at a nursing nutrition conference and it has become my favorite resource. It was time to up-date--all sections have changed and been updated but especially the area of fast foods--certainly an ever changing area in today's society. If you are cooking for a diabetic or some one in chronic renal failure this should be on your shelf.

A very informative book jam packed with useful information. I used it in college 20 years ago while studying dietetics. I wanted an updated copy hence this purchase. Everything you could possibly want to know about the nutrients of all kinds of foods is listed. It is a very comprehensive guide and includes lots of tables showing the nutritive requirements for various groups of individuals.

I bought this as a gift, the info is wonderful. The only thing is the print size, I wish it was larger. I gave Ma a set of highlighters to go with it. Now she can go right to the info she needs. We bought it because she has too much potassium. This is a great tool for her to watch her diet. She also has to track her sugar and salt. If you want a COMPLETE list of what is in your food, this is the book to buy.

I was looking for a book that could help me plan and maintain a slow-acting, low-carbohydrate diet. This is the best one I've found so far and am pleased with the thoroughness of the information.

I read some wonderful reviews about the information in this book. I agree that it is quite informative, but the way it is set up makes it quite difficult to find the information you want. I needed a magnifying glass and a ruler to pick out the information I wanted. I found it bothersome and not worth the effort, so I put it back on ebay & sold it. I purchased the Nutribase Complete Book of Food Counts, and was much happier with my search results.

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