



# Nutritarian Handbook & ANDI Food Scoring Guide

*Joel Fuhrman, M.D.*

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**Nutritarian Handbook & ANDI Food Scoring Guide** Joel Fuhrman, M.D.

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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