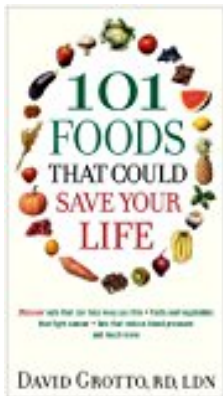


[PDF] 101 Foods That Could Save Your Life

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Review An encyclopedia of foods with lifesaving benefits."—*Chicago Tribune*

About the Author David Grotto, RD, LDN, is the president and founder of Nutrition Housecall, LLC, a consulting firm specializing in nutrition communications, lecturing and consulting services, and personalized at-home dietary services. He served as a national media spokesperson for the American Dietetic Association and has been featured in numerous print, radio, and television interviews. Grotto serves on the scientific advisory board at *Fitness* magazine and is the author of *101 Optimal Life Foods*. He lives with his wife, three children, and two dogs in Elmhurst, Illinois.

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