Name of the Tool	Encyclopedia of Food

Home Page	
Logo	
URL	http://www.precisionnutrition.com/encyclopedia/
Subject	Nutrition-Encyclopedias; Food-Encyclopedias; Cooking-Encyclopedias
Accessibility	Free
Language	English
Publisher	Precision Nutrition
Brief History	The idea to make an encyclopedia of food, nutrition first came in the mind of Dr. John Berardi, who has devoted his entire career to making health and fitness something that's achievable and attainable for every type of person, from every walk of life. While the *website* was Berardi's idea, the *food* and *photography* have been masterminded by his two good friends: Food photographer Jason Grenci. And nutritionist/recipe guru Dr. MarianeHeroux. They have got over 50 years experience working in food, nutrition, health, and fitness and co-founders of Precision Nutrition, the world's largest online nutrition coaching and education company. Since 2000, the world-class, multidisciplinary team of counselors, doctors,

exercise specialists, naturopaths, and nutritionists of this company have coached and mentored more than 200,000 people in nearly 100 countries through theirresearch programs, professional education courses, and personal coaching groups.In 2014, Dr. Berardi, together with two of his colleagues — Dr. MarianeHeroux and Jason Grenci — had began the Precision Nutrition Encyclopedia of Food project and they started building the Precision Nutrition Encyclopedia of Food. The purpose was to bring together two groups of people at Precision Nutrition: 1) the world's best nutrition coaches and fitness experts and 2) people looking to eat, move, and live better. The result is this encyclopedia help millions of people change their lives through good food, physical activity, and health-promoting lifestyle choices.

Scope and Coverage

In this encyclopedia the there are eleven categories, under which all the articles are found listed. These are: Fruit, Grains, Legumes, Macronutrients, Micronutrients, Nuts/seeds, Oils, Protein, Seafood, Spices, and Vegetables. The included nutrias foods available under each category are as follows:

- **Fruit:** Avocado, Bananas, Blackberries, Blueberries, Coconut, Coconut Butter, Dates, Figs, Grapes, Lemon, Olives, Oranges, Peaches, Pears, Pineapple, Pumpkin, Raspberries, Strawberries, Tomatoes.
- **Grains:** Amaranth, Farro, Quinoa, Teff.
- **Legumes:** Black Beans, Cannellini Beans, Chickpeas, Lentils, Lupini Beans, Peas.
- **Macronutrients:** Carbohydrates, Fats, Fiber, Protein, Sugar.
- **Micronutrients:**Antioxidants, Calcium, Chloride, Chromium, Copper, Iodine, Iron, Magnesium, Manganese, Molybdenum, Phosphorus, Phytochemicals, Potassium, Selenium, Sodium, Vitamin A, Vitamin B1 (Thiamine), Vitamin B12 (Cobalamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin B6 (Pyridoxine), Vitamin B7 (Biotin), Vitamin B9 (Folic Acid), Vitamin C, Vitamin D, Vitamin E, Vitamin K, Zinc.
- **Nuts/seeds:**Almonds, Chestnuts, Inca Seeds, Pistachios, Walnuts.
- **Oils:** Coconut Oil, Olive Oil.
- **Protein:** Beef, Chicken, Eggs, Haddock, Halibut, Lamb, Pork, Sardines, Shrimp, Turkey.
- **Seafood:** Crab, Anchovies, Clams, Haddock, Halibut, Mussels, Sardines, Shrimp.
- **Spices:** Basil, Chinese 5 Spice, Cilantro, Garam Masala, Mint, Paprika, Turmeric.
- **Vegetables:** Asparagus, Bok Choy, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Celery Root, Corn, Eggplant, Green Beans, Hot Peppers, Kale, Leeks, Mushrooms, Parsnips, Potatoes, Radishes, Red Beets, Rhubarb, Sweet Potato.

Kind of Information

In this encyclopedia, each article on above mentioned sub categories is represented with a photograph of that food item. The articles provide information like overview of the food item, identification, nutrition information of the food, the selection criteria of the food, the storage process, and the process to prepare the food with one recipe. The article also includes Free Recipe Book.

As for example, the article "Grapes" starts with following photograph.

After that, the article provides information about grapes from different aspects under the following headings like:

- Overview
- Identification
- Nutrition Info
- Selection
- Storage
- Preparation
- Recipe
- Free Recipe Book

Overview and identification of grapes means the general or basic information about grapes like how they look, in what season they born and grow, different types of grapes, its uses in dishes etc. Nutrition Info means the whole nutrition value of that food. The article shows the following nutrition information of grapes:

NUTRITION INFO

Approximately 1 cup of Thompson Seedless grapes contains 104 calories, 1.1g of **protein**, 0.2g of **fat**, 27.3g of **carbohydrates**, 1.4g of fiber, and 23.4g of sugar.

Grapes contain an antioxidant in the form of the **phytochemical** compound Resveratrol, which has been found helpful in the prevention of certain types of cancers, heart disease, and stroke.

Grapes also contain **copper**, **iron**, and **manganese**, and they are a good source of **vitamin C** and **vitamin A**.

Under the Selection and Storage heading it is come to know that grapes that are plump and brightly colored, without blemishes or broken skin will have to select and avoid that one which has the signs of mold. Grapes should be wrapped loosely in an opened plastic or paper bag and stored in the refrigerator. This way, fresh grapes should last for up to a week.

Under the Preparation heading the article represents the way how the grapes are made ready to use in a dish.

After that, the article gives one recipe named: "Grape Jelly Bars" with a following photograph, ingredients, direction to make the dish.

Grape Jelly Bars

The article also offers a free recipe book from Precision Nutrition. To get this book one have to express his or her name or email Id. To that email address the book has been sent.

The article also includes following related foods like:

The whole content of the article is also given in a abstract form under the heading called "At a glance".

Special Features	❖ With this project the encyclopedia hopes to spotlight not only the health benefits of eating natural, minimally processed real foods. But also the beauty, deliciousness, and subtleties of these veritable wonder of nature.
	❖ The articles in this encyclopedia share everything like where the food is found, how to identify it, which nutrients it contains, how to select, store, and prepare the food, and one recipe made by that food. So each article in this encyclopedia have made a synthesis of

knowledge about many nutrias foods as well as recipes.

❖ The articles can be share Face book, Twitter, Google +.

❖ All the articles have included crossed referred other related articles of similar foods.

Arrangement Pattern	At the home page of the website, the contents are subdivided into Fruit, Grains, Legumes, Macronutrients, Micronutrients, Nuts/seeds, Oils, Protein, Seafood, Spices, Vegetables and the name of the foods are arranged alphabetically. Example: Under the category "Fruit", there are following alphabetical list of foods: Avocado, Bananas, Blackberries, Blueberries, Coconut, Coconut Butter, Dates, Figs, Grapes, Lemon, Olives, Oranges, Peaches, Pears, Pineapple, Pumpkin, Raspberries, Strawberries, Tomatoes.
Remarks	This encyclopedia is an amazing reference source of foods with their nutrition values and cooking methods.
Comparable Tools	➢ Food Encyclopedia (http://www.foodterms.com/encyclopedia/a/index.html) ➢ Cook's Info (http://www.cooksinfo.com/food-encyclopedia)
Date of Access	October 17, 2016