

## LESLIE BECK'S NUTRITION GUIDE FOR WOMEN

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Leslie Beck, RD, a registered dietitian, is a leading Canadian nutritionist and the bestselling author of eleven nutrition books. She is the national director of nutrition at Body Science Centers. She is the national director of nutrition at Body Science Centers.

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Leslie Beck Nutrition Consulting

Leslie Beck has spent her career helping Canadians achieve their health goals as they relate to diet and nutrition. She is a best-selling author, columnist, and television and radio personality. She is a best-selling author, columnist, and television and radio personality. Nutrition Guide For Women: Leslie Beck: Books - Amazon.ca

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Leslie Beck - The Globe and Mail

Leslie is the best-selling author of 12 books on nutrition and health: The Plant-Based Power Diet (2013), Leslie Beck's Healthy Kitchen, Leslie Beck's Longevity Diet, The Complete A to Z.

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