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Inside. Carol Ann Rinzler is a veteran author of more than 20 books on food and health, including Nutrition For Dummies and Controlling Cholesterol For Dummies. She has contributed to The New York Times, Redbook, Family Circle, and is a former nutrition columnist for the New York Daily News.

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About the Author Carol Ann Rinzler is a noted authority on health and nutrition and is the author of more than 20 books on food and health, including Controlling Cholesterol For Dummies. She has contributed to The New York Times, Redbook, Family Circle, and the New York Daily News.

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Carol Ann Rinzler is a veteran author of more than 20 books on food and health, including Nutrition For Dummies and Controlling Cholesterol For Dummies. She has contributed to The New York Times, Redbook, Family Circle, and is a former nutrition columnist for the New York Daily News.

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