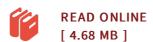




Read it Before You Eat it: How to Decode Food Labels and Make the Healthiest Choice Every Time (Paperback)

By Bonnie Taub-Dix

PLUME, United States, 2011. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. A nationally recognized nutrition expert tells shoppers exactly what should be going into their carts. The whole foods movement explained how to shop healthfully at the farmers market, but how can families shop smart at Wal-Mart? There is a wealth of information on labels, but most people have no idea that products labeled trans-fat free can contain trans-fats or that all natural is a meaningless phrase. Readers can bring this handy guide to the supermarket to help them interpret labels like a pro. How much sodium is too much? Are all carbs the kiss of death? And what does organic really mean? Renowned nutritionist Bonnie Taub-Dix clears up the confusion by showing readers how to make sense of the labels and sidestep tricky marketing ploys. She walks them through a typical grocery store and points out the best food choices to make in every aisle.



Reviews

This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.

-- Lillie Toy

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

-- Miss Marge Jerde

Related Kindle Books



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English. Brand New Book. Rachel Macy Stafford's post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



America's Longest War: The United States and Vietnam, 1950-1975 (Paperback)

McGraw-Hill Education - Europe, United States, 2013. Paperback. Book Condition: New. 5th. 206 \times 137 mm. Language: English . Brand New Book. Respected for its thorough research, comprehensive coverage, and clear, readable style, America's Longest War explores the origins of the...



And You Know You Should Be Glad (Paperback)

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English. Brand New Book ***** Print on Demand *****. A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...



Nickel Plated (Paperback)

Amazon Encore, United States, 2011. Paperback. Book Condition: New. 206 x 137 mm. Language: English . Brand New Book. It was weird to just get a contact out of nowhere. She was a kid, though, I could tell that from just the...



An American Robinson Crusoe (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 211 x 135 mm. Language: English. Brand New Book ***** Print on Demand *****. Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications. (Paperback)

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...