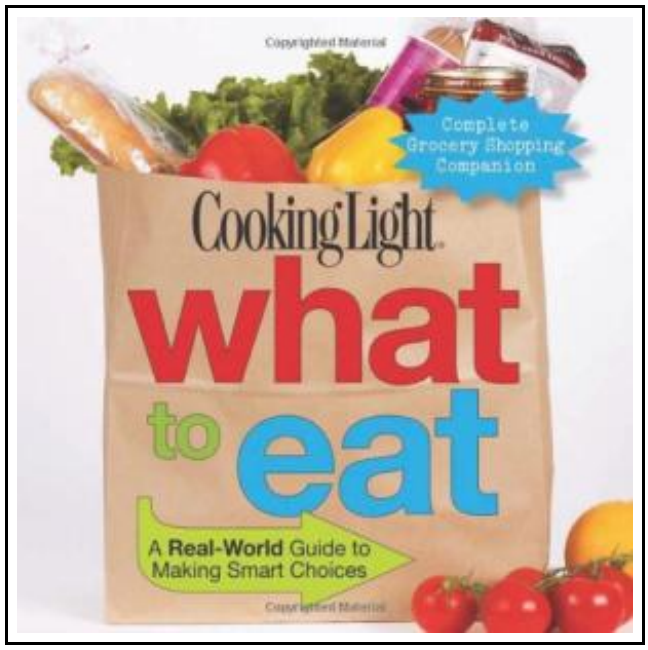
What to Eat: A Real-World Guide to Making Smart Choices



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Reviews

Completely essential read through publication. It normally does not expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Morris Cruickshank)

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Oxmoor House, Incorporated. Paperback. Book Condition: new. BRAND NEW, What to Eat: A Real-World Guide to Making Smart Choices, Cooking Light Magazine, Stroll down the bread aisle.low carb, low fat, high fibre, natural organic. Who can keep up? Each chapter of this title takes readers to a different aisle and serves as a show and tell of serving sizes, what to look for on labels, and red flags to watch out for. Product comparisons and editors favourite picks for some of consumers most confusing purchases - such as yogurt, breads, spaghetti sauces, and more - give readers the information to make smart choices. With over 600 photos and expert advice from the editors of "Cooking Light", "What to Eat" answers real-world questions - without gimmicks in a highly visual, handheld guide that can be easily transported to the supermarket for reference.

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