



## 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.



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### Reviews

*An incredibly awesome ebook with perfect and lucid answers. It can be loaded with knowledge and wisdom You may like how the article writer compose this ebook.*

**-- Mr. Chadd Bashirian V**

*A brand new electronic book with a new standpoint. It is writter in basic phrases rather than confusing. Its been designed in an extremely basic way which is merely right after i finished reading through this publication where basically altered me, change the way i believe.*

**-- Kitty Crooks**