



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

By Cooking Light Magazine

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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Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- **Cathrine Larkin Sr.**

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- **Mark Bernier**