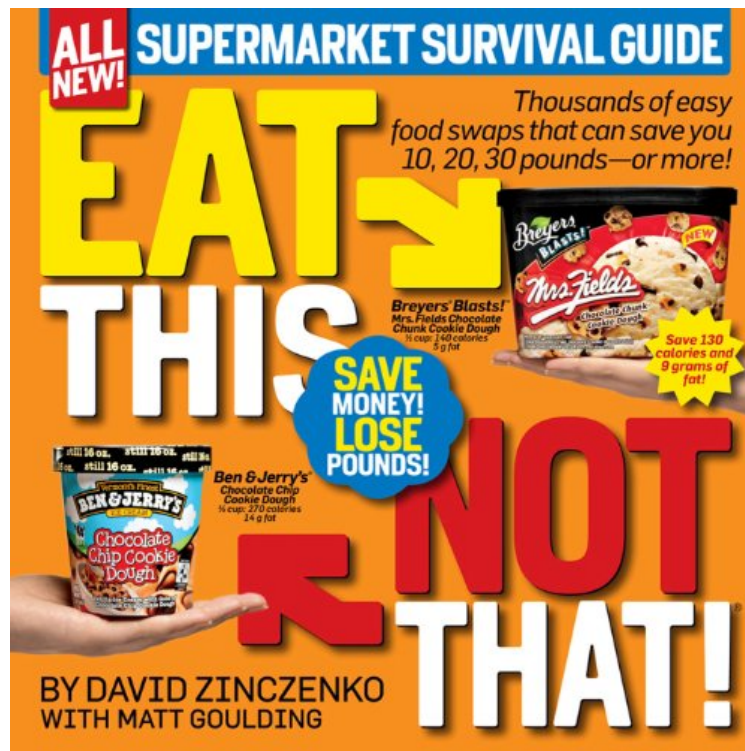


Eat This Not That! Supermarket Survival Guide: The No-Diet Weight Loss Solution

David Zinczenko, Matt Goulding
ebooks | Download PDF | *ePub | DOC | audiobook



#82561 in Books 2011-12-20 2011-12-20 Original language: English PDF # 1 164.85 x 16.51 x 6.50l, .95
#File Name: 1609612418368 pages very good condition | File size: 73.Mb

David Zinczenko, Matt Goulding : Eat This Not That! Supermarket Survival Guide: The No-Diet Weight Loss Solution before purchasing it in order to gauge whether or not it would be worth my time, and all praised Eat This Not That! Supermarket Survival Guide: The No-Diet Weight Loss Solution:

3 of 3 people found the following review helpful. The Best Food Alternative Guide By A. bearden I am so happy to have ordered this Book, it has really taught me a lot about eating better because it breaks down the science of what you are eating like the calories intake, fat, sodium etc... I love how the book compares different store bought foods and restaurant meals to more of a healthier choice. I would definitely recommend people to purchase this book especially if you are looking to stay or become healthier, this book will guide you to making better health choices by giving you an healthier alternative. 1 of 1 people found the following review helpful. This is great book for people who want to change their eating habits and also learn about what they are putting into their body! By Jennifer Bonnar This is a fantastic book especially for people who are looking for healthy options and also very informative about what you are putting in your body as far as food additives and preservatives it had definitely given me a whole new view of what foods to stay away from and I read all the labels before I buy anything that is in a package or can. Some of the additives and preservatives are shocking and scary that the FDA allows them to go into food for human consumption!! A must read for people who want to change their eating habits for weight loss of just general health! 1 of 1 people found the following review helpful. A surprising guide to right choices. By Jess W. Dixon My wife should be the one

writing here, but she has read portions of this to me and each time I was awed and amazed and very impressed with the practical information it contains. If you are serious about putting your own health and that of your family at the top of the priority list of things truly important, I believe you will be very happy you purchased this book. Its layout helps to find key information quickly, without having to read all the smaller print, when you're in a hurry. You will be really surprised, perhaps even shocked, to find reasons why your old habits in shopping should be changed. This is scientifically backed up information about truly smart shopping! Don't just think about it, go ahead and click it into your shopping cart! :c)

With more than 50,000 food products in the average supermarket, it's no wonder shoppers feel confused and overwhelmed. How do they know what to buy to eat healthier and avoid packing on pounds? And as food prices skyrocket, how do consumers know they're getting the best deals? Luckily they have *Eat This Not That! Supermarket Survival Guide* - by David Zinczenko with Matt Goulding - the ultimate authority on packaged foods, produce, and dairy and meat products found in our supermarkets. Newly revised and updated with all-new nutrition facts and information, this expanded edition acts as a trusted bodyguard, steering buyers away from nutritional danger zones and protecting them with the power of knowledge. On every page, readers will find easy-to-follow tips and nutrition facts that help them make the best choices for cutting calories, shedding pounds, and even saving money! The book's easy-to-carry format and highly visual design make it a perfect companion for the purse or shopping cart. And the information inside, based on extensive research and market reporting, will finally put the shopper in control of his or her family's diet and health.

.com With tens of thousands of products crammed into the walls of the neighborhood supermarket, trying to find a reliable snack, pantry product, or frozen dinner can be a serious challenge for the time-strained consumer. The *Eat This, Not That! Supermarket Survival Guide* changes all of that, offering discerning shoppers everywhere a simple plan for finding the healthiest foods for them and their families. Beyond homing in on the best and worst in the world of packaged foods, the *Eat This, Not That! Supermarket Survival Guide* scours the aisles to help you pick the most nutrient-packed produce, the leanest, tastiest cuts of meat, exotic cheeses that double as healthy snacks, and the best contaminant-free fish the ocean has to offer. Click each image below for a larger view of selections from *Eat This Not That! For Supermarkets*