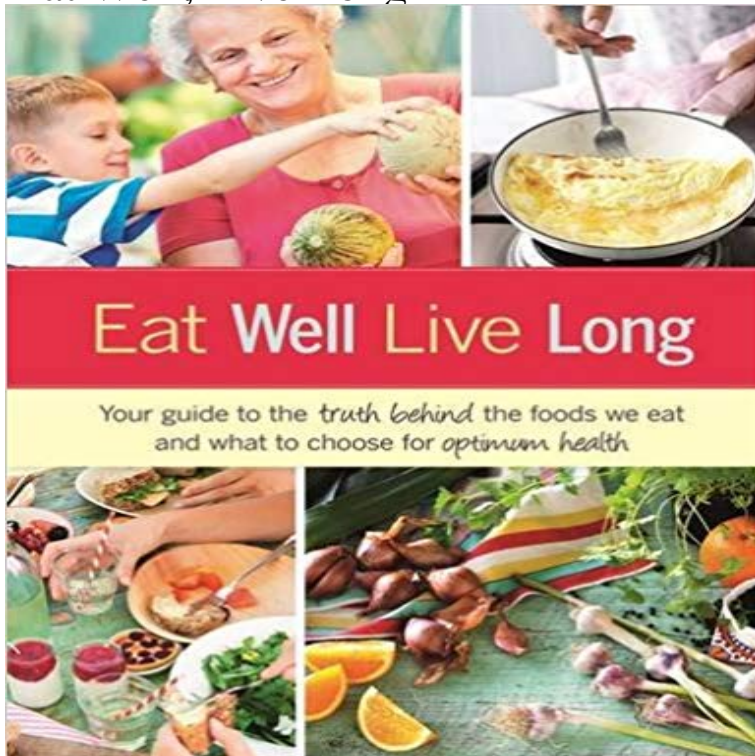


## Eat Well, Live Long



We have more foods to choose from than ever before, yet we still make choices that harm our health. We buy these foods for convenience and because of their sugar, salt and fat appeal to our tastebuds. It is a seemingly unstoppable trend that is driving global epidemics of diabetes, cancers, stroke and heart disease. Fast foods and processed snacks typically supply fattening kilojoules but little fibre and few of the vitamins, minerals and other important nutrients that contribute to our wellbeing. And, the people who produce the food we eat don't always have our health as their main objective. Now you can get off the bad-food roller-coaster, cut through the hype of the food industry and make the right food choices every time. This vital guide to modern nutrition covers hundreds of everyday foods and ingredients and reveals the enemies of good nutrition and the food heroes. Key Sales Points \* Detailed up-to-date information on what shop-bought packaged and processed foods contain and how their means of manufacture can affect our health. \* Your live-long food guide, helping you make the right choices every day, from home-cooked food to restaurant food and takeaways. \* The latest scientific research from a team of international nutritionists and food writers. \* Covers easy steps to transform your diet for better health. Boost your everyday energy; arm your body to ward off disease.

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