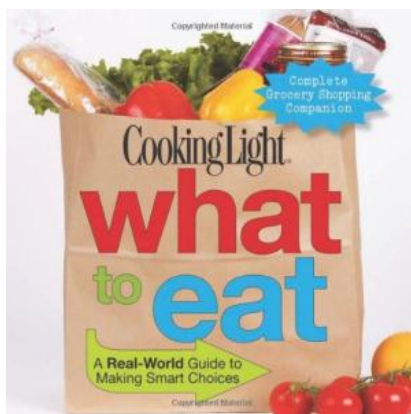


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WHAT TO EAT: A REAL-WORLD GUIDE TO MAKING SMART CHOICES



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...

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