



# What to Eat

*Marion Nestle*

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## What to Eat Marion Nestle

Since its publication in hardcover last year, Marion Nestle's *What to Eat* has become the definitive guide to making healthy and informed choices about food. Praised as "radiant with maxims to live by" in *The New York Times Book Review* and "accessible, reliable and comprehensive" in *The Washington Post*, *What to Eat* is an indispensable resource, packed with important information and useful advice from the acclaimed nutritionist who "has become to the food industry what . . . Ralph Nader [was] to the automobile industry" (*St. Louis Post-Dispatch*).

How we choose which foods to eat is growing more complicated by the day, and the straightforward, practical approach of *What to Eat* has been praised as welcome relief. As Nestle takes us through each supermarket section—produce, dairy, meat, fish—she explains the issues, cutting through foodie jargon and complicated nutrition labels, and debunking the misleading health claims made by big food companies. With Nestle as our guide, we are shown how to make wise food choices—and are inspired to eat sensibly and nutritiously.

Now in paperback, *What to Eat* is already a classic—"the perfect guidebook to help navigate through the confusion of which foods are good for us" (*USA Today*).

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### From reader reviews:

#### **Sandy Holiday:**

What to Eat can be one of your beginning books that are good idea. We all recommend that straight away because this reserve has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to get every word into joy arrangement in writing What to Eat nevertheless doesn't forget the main position, giving the reader the hottest and also based confirm resource info that maybe you can be considered one of it. This great information could drawn you into brand new stage of crucial considering.

#### **Pamela Adair:**

Many people spending their time period by playing outside along with friends, fun activity with family or just watching TV all day long. You can have new activity to pay your whole day by studying a book. Ugh, do you consider reading a book can definitely hard because you have to take the book everywhere? It all right you can have the e-book, bringing everywhere you want in your Mobile phone. Like What to Eat which is obtaining the e-book version. So , try out this book? Let's observe.

#### **Ida Johnson:**

This What to Eat is completely new way for you who has interest to look for some information since it relief your hunger of information. Getting deeper you onto it getting knowledge more you know otherwise you who still having little digest in reading this What to Eat can be the light food in your case because the information inside this kind of book is easy to get through anyone. These books develop itself in the form which is reachable by anyone, sure I mean in the e-book form. People who think that in publication form make them feel drowsy even dizzy this publication is the answer. So there isn't any in reading a reserve especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss the idea! Just read this e-book style for your better life along with knowledge.

#### **Shelley Gavin:**

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