



## Food Myths

By Nicole Senior

New Holland Publishers. Paperback. Book Condition: new. BRAND NEW, Food Myths, Nicole Senior, Even though we have access to more medical and health information than ever before, food and nutrition continually faces the challenge of misinformation and misconceptions. Do vegetarians live longer? Are thin people healthier than fat ones? Is sugar our enemy? What's better butter or margarine? Do adults need to drink milk? Is sea salt better for you than regular salt? Does detoxing clear your body out? Are foods labelled as natural healthier for you? These are just some of the thoughts we tackle in this carefully researched, practical guide to food myths. This book goes behind food labelling and packaging to present the facts in language everyone can understand.



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