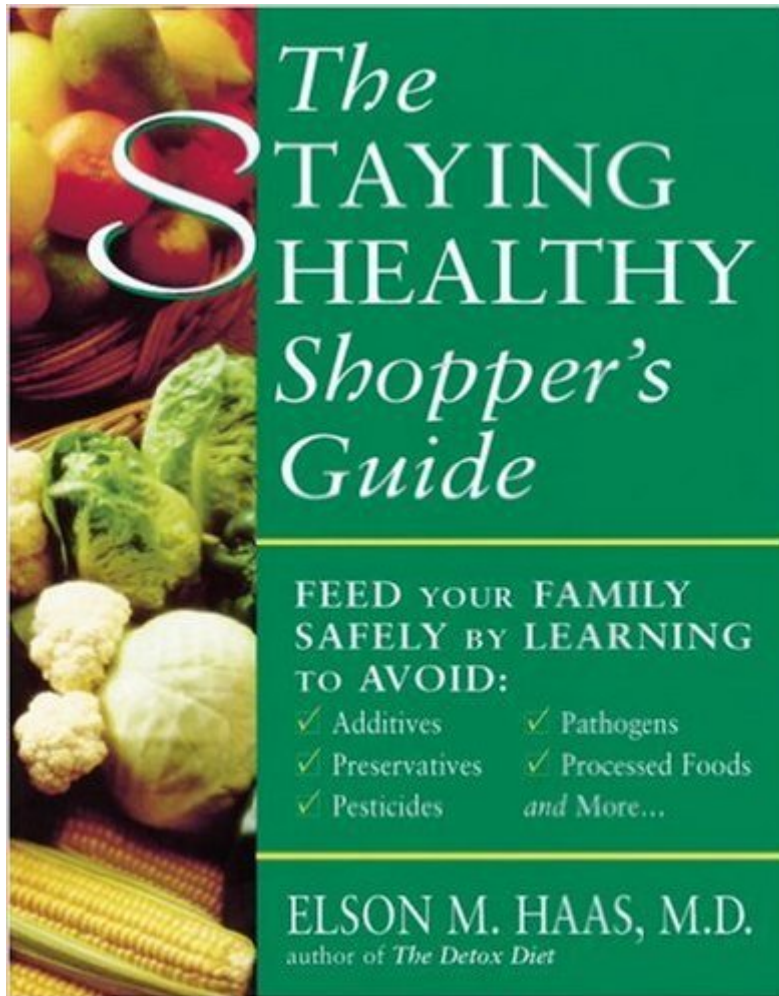


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# The Staying Healthy Shopper's Guide



## Synopsis

New Book

## Book Information

Paperback: 224 pages

Publisher: Celestial Arts (February 1, 1999)

Language: English

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Product Dimensions: 9.2 x 7.3 x 0.6 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #2,457,681 in Books (See Top 100 in Books) #71 in [Books > Health, Fitness & Dieting > Nutrition > Food Additives](#) #13409 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#) #79134 in [Books > Cookbooks, Food & Wine](#)

## Customer Reviews

This is an easy read and excellent explanation of how to shop the healthy way. The book explains food additives, chemical contaminants, pesticides in our food, understanding food labels, pathogens, processed foods, comparison shopping and organically grown foods. It also gives ideas for making nutritious school lunches so that your kids will eat healthy meals when away from home. If you're trying to eat healthy and want to start buying organic foods, this is an excellent book to buy to begin your journey.

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