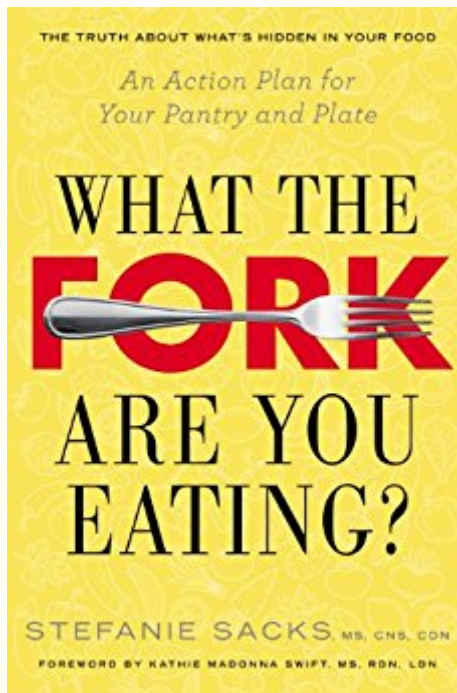


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# What The Fork Are You Eating?: An Action Plan For Your Pantry And Plate



## Synopsis

It's labeled "natural," "grass-fed," or "free-roaming;" yet it might be anything but. It's time to find out what you're actually eating...When your groceries are labeled "low-fat," "sugar-free," and even "natural" and "antibiotic-free," it's easy to assume that you're making healthy choices. Yet even some of those seemingly wholesome offerings contain chemical preservatives, pesticides, and artificial flavors and coloring that negatively affect your health. In *What the Fork Are You Eating?*, a practical guide written by certified chef and nutritionist Stefanie Sacks, MS, CNS, CDN, we learn exactly what the most offensive ingredients in our food are and how we can remove (or at least minimize) them in our diets. Sacks gives us an aisle-by-aisle rundown of how to shop for healthier items and create simple, nutritious, and delicious meals, including fifty original recipes.

## Book Information

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## Customer Reviews

I love how they break up every chapter by explaining what each ingredient is, why it's bad for you and what to eat in its place. A great guide for busy people.

Indispensable! Practicable! Fun! Stefanie Sacks easy breezy writing style makes this book stand apart from all others on the subject and a must read for anyone interested in living a healthier more balanced lifestyle. She's an expert who speaks to the reader like a sister, best friend, cousin or dear neighbor - concerned but without lecturing. I also like the fact that you can jump around from chapter to chapter on subjects that interest you. An indispensable resource everyone should have for themselves and those they care about. And it makes a great gift! Highly recommended.

This is the first book to comprehensively inform consumers about what is in their food A-Z, food sourcing, how to become a smarter shopper and quick delicious recipes. Ms. Sacks's knowledge in nutritional science, cooking and food politics dishes up a recipe for eating a healthier diet.

What I loved most was the fact that her goal is to meet you exactly where you are at. This isn't any kind of pushy diet plan. She just wants you to make informed choices, simple as that. The information is completely digestible even though the topics would be otherwise overwhelming without her guidance. With most "healthy eating" books you are always left with the now what thought, but this offers better for you brands, a fork ton of recipes, and other resources to help you afterwards . I cannot tell you how many times I have referenced this book while shopping!

This is a book that condenses a ton of information about the history of food and how it got to where it is now and what we need to know to make our own food choices. The book speaks in a tone that is inclusive, informative and honest. It's the best book I've come across yet that puts everything you need to know in one totally readable source. It's going to be a reference bible for me for a long time. Worth every penny!

This is an awesome, no-nonsense guide to avoiding the bad stuff (chemical additives, preservatives, gmo ingredients, etc) and replacing it with good. Stefanie's discussion of each bad ingredient explains simply why you should be concerned, citing scientific facts, without feeling overwhelming or fear-mongering. Not only is this book a great guide for food-makeover beginners, but it's also beneficial for those who closely follow the subject of wellness. Stefanie adds informative historical context to each of the topics to help you understand not only how to avoid the bad stuff, but also how it's found it's way into our food system in the first place. She shines a light on areas of our food system that need change and what you can do TODAY to avoid harmful ingredients

sneaking their way onto your plate.

A panoply of information for anyone seeking to eat more consciously. Stefanie Sacks leads us through informative chapters dealing with all aspects of today's foodscape. If you want to rehab your kitchen pantry and learn how to put simple yet delicious and nutritious meals on your table, this is the book for you. A go-to resource for every kitchen!

I would rather spend my money on quality, organically grown vegetables and fruits, whole grains and humanely raised and properly fed food than a doctor and a pharmacy. This amazing book is a complete blueprint to accomplish this mission. I will be buying copies for all my family and friends. Loved it, easy to read and understand.

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What the Fork Are You Eating?: An Action Plan for Your Pantry and Plate SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Preppers Pantry: The Ultimate Survival Guide For Emergency Water & Food Storage During An Urban Emergency (Urban Survival Pantry, Canning And Preserving, Camping, Life Saving Meals, Survival Guide) PREPPER: Preppers Guide to Safe Survival and Self Sufficient Living (survival books, survivalism, prepping, off grid, saving life, preppers pantry, help ... preppers guide, preppers pantry Book 1) Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Clean Eating: 230+ Healthy Slow Cooker Recipes - Your Guide to Natural Weight LossÂ© (1 Month FULL Meal Plan,Clean Eating Cookbook,Book) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge

Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) Keep Your Fork: The Best Is Yet to Come Food As Medicine: Traditional Chinese Medicine-Inspired Healthy Eating Principles with Action Guide, Worksheet, and 10-Week Meal Plan to Restore Health, Beauty, and Mind Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Resistant Starch Cookbook: Restore Your Health, Heal Your Gut, and Lose Weight Fast While Eating the Foods You Love! (dozens of recipes with pictures and a 28 day meal plan) Consider the Fork: A History of How We Cook and Eat Fork in the Trail: Mouthwatering Meals and Tempting Treats for the Backcountry Another Fork in the Trail: Vegetarian and Vegan Recipes for the Backcountry

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