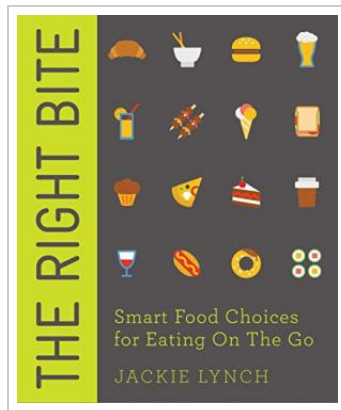




## The Right Bite : Smart Food Choices for Eating On The Go

By Jackie Lynch

Nourish Watkins Media Ltd Jul 2016, 2016. Taschenbuch. Condition: Neu. Neuware - Bran muffin or chocolate chip Which wine is likely to do add the most inches to your waistline - red, white or sparkling And if you're dying for a pizza, how can you keep the damage to a minimum Faced with this type of difficult decision, The Right Bite is here to help you make the least bad choice. It's full of accessible, practical advice for all those everyday occasions when you might be tempted to have a little treat but don't want to do too much damage. Each chapter focuses on a different eating environment, including coffee shops, bars, takeout, the movies and even a family barbecue. For each situation The Right Bite explores the type of foods likely to be available and compares them, explaining the main health pitfalls and highlighting a top pick for each one. --The Right Bite panel allows you to immediately pick the least 'bad' choice --Fact Boxes scattered throughout give you extra tips and expert advice --Nutrition Numbers help you compare and weigh up your options instantly --Understanding Key Nutrients explains the main food groups Written by an experienced nutritional therapist...



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