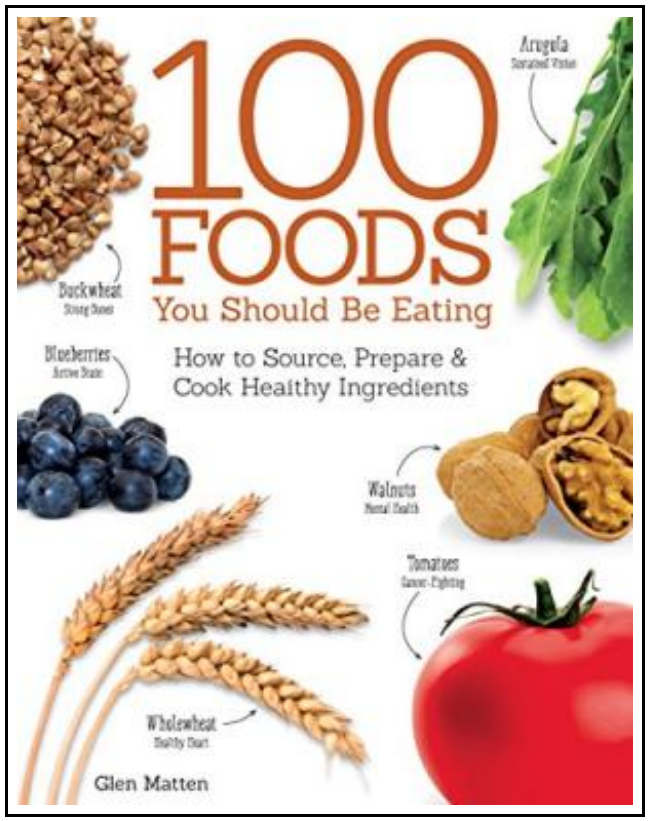
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IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, 100 Foods You Should be Eating: How to Source, Prepare and Cook Healthy Ingredients, Glen Matten, This book has been written with one thing in mind: to make us think differently about the food we buy and eat. Award-winning author of The Health Delusion Glen Matten gives us a straight-talking take on the best way to buy, prepare and cook the best ingredients - and it really is easy. The details of each of the 100 foods cover all the information you need, including what it is, health benefits, the best way to buy, cook and store it and a simple recipe or serving suggestion. New diets appear all the time with promises for drastic weight loss and better health, while the supermarket shelves are full of products that have bits put in, bits taken out, 'healthy' ranges, low-fat alternatives and fortified foods - not to mention exotic new 'health' ingredients. The fact is that eating good nutritious food doesn't have to be this complicated.Organized into eight chapters that reflect the way we eat (Breakfast, On-the-go, Lunch, Store cupboard, Fine dining, Lazy cooking, Tipples, Desserts & treats) the book is extremely easy to use and includes photographs of recipes as well as ingredients. Packed full of recipes, information and guidance, this is a book for anyone who wants to take a simpler approach to health and good food.

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