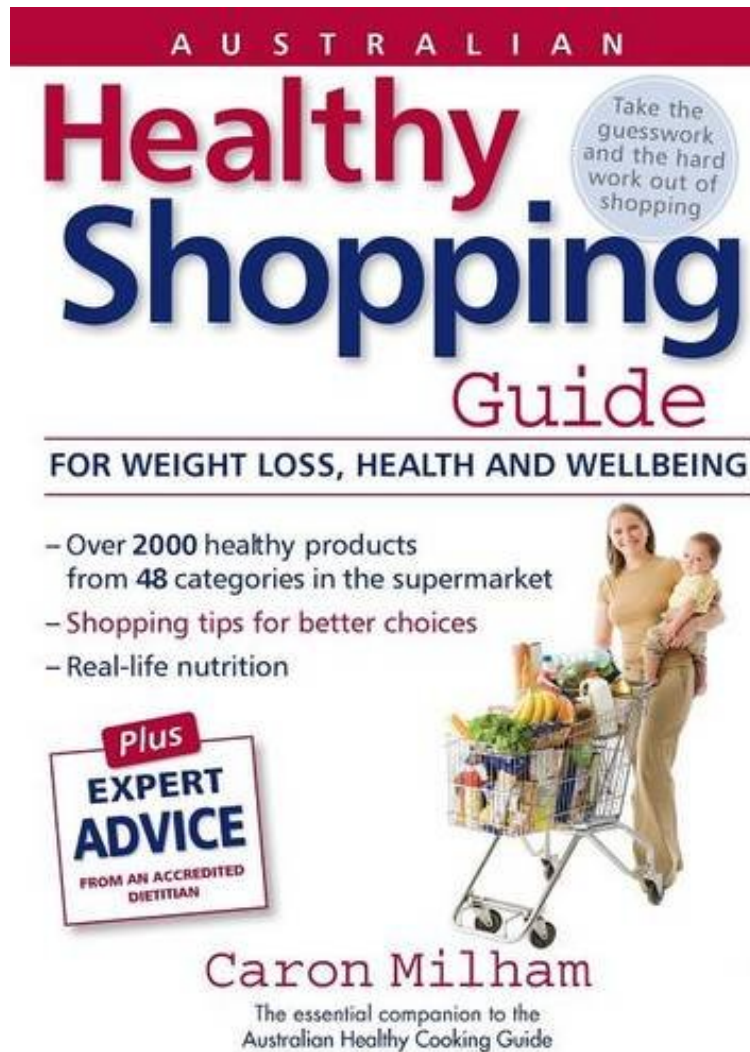


## Australian Healthy Shopping Guide

Caron Milham

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Caron Milham 2014-07-01Original language:EnglishPDF # 1 8.27 x .42 x 5.83l, .52 #File Name: 0987605003200 pagesAustralian Healthy Shopping Guide | File size: 47.Mb

**Caron Milham : Australian Healthy Shopping Guide** before purchasing it in order to gage whether or not it would be worth my time, and all praised Australian Healthy Shopping Guide:

Over 2000 products assessed from 40 categories to help you shop smart every time. Fully revised and expanded! Want to choose the best and healthiest food for you and your family when you go shopping? The Australian Healthy Shopping Guide features nutrition ratings of 2000 everyday products so you can cut through the claims and select the smartest options. It's almost as handy as having a dietitian in the supermarket with you telling which products are best!

Identify food items that are high in nutrients and fibre and low in sugar, fat, salt and kilojoules Get to grips with the nutrition information panel and ingredients list so you can compare competing brands Understand nutrition claims on labels to avoid the hype The ideal shopping companion if you're watching your weight, or managing conditions such as diabetes, high cholesterol or high blood pressure Perfect for busy working families to use on every shopping trip PLUS shopping tips and healthy ideas for quick and easy meals and snacks. Healthy shopping has never been easier! Caron Milham is an Accredited Practising Dietitian and author of the bestselling Australian Healthy Cooking Guide.