



Real People Need Real Food: A Guide to Healthy Eating for Families living in a Fast Food World

Laura H. Einbinder, Kate Scarlata

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Are you confused by food labels, diet myths, and nutritional supplements? Real People Need Real Food is an easy-to-digest guide to avoiding food fads, intensive diets, or fast-food meals and eating wholesome, great-tasting food with joy and gusto. The old saying, "You are what you eat," rings true for Laura Einbinder and Kate Scarlata, both registered dietitians who utilize their professional experience and personal journeys to teach you how to choose healthy, additive-free foods that will not only make you feel more energetic and balanced but will also lower your risk of illness. Along with a multitude of recipes, useful charts, objectives, and reading recommendations, Einbinder and Scarlata promote a new awareness of the many obstacles that stand in the way of American families achieving optimal eating habits. In this practical, illuminating guide, you will learn how to: Decipher food labels and current scientific research Choose the right nutritional supplement Streamline your meal planning from grocery shopping to creating family friendly menus Discover the role mindless eating plays in weight management Enjoy exercise as a pleasurable family activity Real People Need Real Food provides all the essential tools you need to make the necessary food and lifestyle changes that will bring you and your family to significantly better overall health.

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