

WHAT TO EAT

An Aisle-by-Aisle Guide to Savvy Food Choices and Good Eating

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A well-researched guide to navigating the supermarket.

In the tradition of *Consumer Reports*, nutrition professor Nestle gets to the bottom of the marketing hype, contradictory health claims and overwhelming variety found at the grocery store. She embarks on a behind-the-scenes tour of the supermarket, shedding light on the politics of food production and labelling. Chapters on produce, dairy, meat, fish and beverage sections will explain many food mysteries—like how decaf coffee is made and what defines an omega-3 egg—at the same time that they reveal nutritional research and consumption guidelines. Easy-to-understand statistics, charts and label comparisons further sort out the facts. Nestle doesn't set definitive guidelines on what to buy or eat, but instead provides readers with the critical information that will help empower them to make their own educated and healthy choices at the supermarket. Her down-to-earth style and accessible language make this guide as readable as it is informative.

Anyone who's ever felt overwhelmed by choice in the grocery store will find this an enlightening read.

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