Rich Food Poor Food: The Ultimate Grocery Purchasing System (GPS)

By Mira Calton

Primal Nutrition. Paperback. Book Condition: New. Paperback. 324 pages. Do you get confused while pouring over labels at the grocery store trying todetermine the healthiest options What makes one box of cereal better for you than another, and how are we suppose to decipher the extensive lists of mysterious ingredients on every package, and then determine whether they are safe or toxic to a your familys health With nearly 40, 000 items populating the average supermarket today, the Rich Food Poor Food - Grocery Purchasing System (GPS), is a unique guide that steers the consumer through the grocery store aisles, directing them to health enhancing Rich Food options while avoiding health detracting Poor Food onesRich Food, Poor Food is unique in the grocery store guide arena in that rather than rating a particular food using calories, sodium, or fat as the main criteria, it identifies the products that contain wholesome, micronutrient-rich ingredients that health-conscious shoppers are looking for, like wild caught fish, grass-fed beef, raworganic cheese, organic meats, pastured eggs and dairy, organic produce and sprouted grains, nuts and seeds, while avoiding over 150 common unwanted Poor Food ingredients such as sugar, high fructose corn syrup, refined flour, GMOs, MSG,...

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