



# Read It Before You Eat It: How to Decode Food Labels and Make the Healthiest Choice Every Time

*Bonnie Taub-Dix*

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## **Read It Before You Eat It: How to Decode Food Labels and Make the Healthiest Choice Every Time**

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**A nationally recognized nutrition expert tells shoppers exactly what should be going into their carts.**

The whole foods movement explained how to shop healthfully at the farmers market, but how can families shop smart at Wal-Mart? There is a wealth of information on labels, but most people have no idea that products labeled "trans-fat free" can contain trans-fats or that "all natural" is a meaningless phrase. Readers can bring this handy guide to the supermarket to help them interpret labels like a pro. How much sodium is too much? Are all carbs the kiss of death? And what does "organic" really mean? Renowned nutritionist Bonnie Taub-Dix clears up the confusion by showing readers how to make sense of the labels and sidestep tricky marketing ploys. She walks them through a typical grocery store and points out the best food choices to make in every aisle.

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