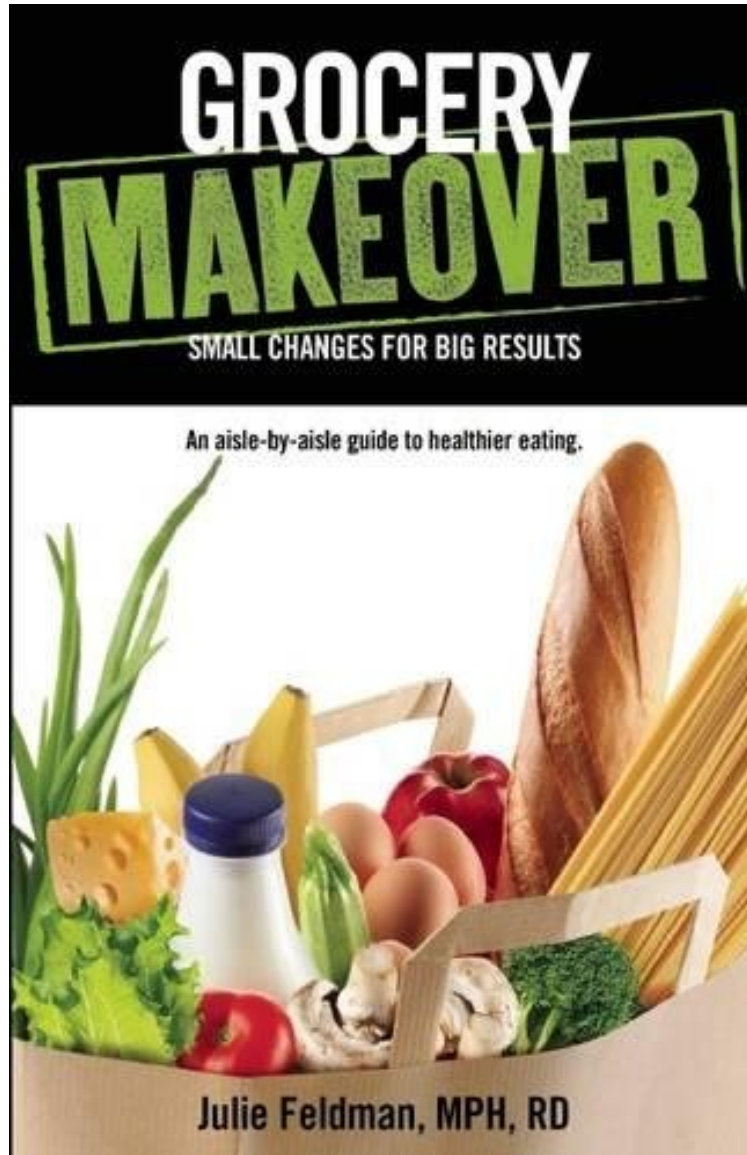


(Mobile library) Grocery Makeover: Small Changes for Big Results

Grocery Makeover: Small Changes for Big Results

Julie Feldman

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#992757 in Books 2013-04-02Original language:EnglishPDF # 1 .80 x 5.50 x 8.40l, .80 #File Name: 1938170172224 pages | File size: 17.Mb

Julie Feldman : Grocery Makeover: Small Changes for Big Results before purchasing it in order to gage whether or not it would be worth my time, and all praised Grocery Makeover: Small Changes for Big Results:

1 of 1 people found the following review helpful. Enjoyable and full of factsBy Davina McDonnellGrocery Makeover was full of interesting facts and ideas about maintaining a healthier lifestyle. Julie Feldman offered interesting anecdotes and metaphors about the different ingredients in the foods we eat to help in remembering the types of fats, sugars and carbohydrates. We all know that going to the grocery store can be exceptionally overwhelming and

stressful, so Feldman breaks it down aisle by aisle in order to help the reader better navigate to healthier options when shopping in a hurry! Although I currently do not have children, I thoroughly enjoyed many of her recommendations on how to better incorporate your children when cooking and offering healthy eating choices - I know I will be referencing those sections when I start a family!

0 of 0 people found the following review helpful. I didn't know what I didn't know...By JimGrocery shopping is not my favorite use of time... in fact, I dread going to the store. In the past that feeling has been compounded by ignorance - what should I look for? What does that label mean? Is the product healthy? Questions whirling around my brain along with what's on sale? What's the unit cost? Is this product a better buy? A stressful time!

Julie Feldman's new book, *Grocery Makeover*, answers many questions in a concise and easy to understand format. Especially useful are the *Everyday Eats* - what can be included in multiple meals over a week of menus. The small guide is handy not only in the store but as you read the weekly grocery ads and plan menus. Recommend for all grocery shoppers looking to make the meals on the table more healthy and tasty.

3 of 3 people found the following review helpful. Exactly what I was looking for!

By Amy YashinskyThis book is simply great. It's so full of great information, and also so easy to read! The author does such a wonderful job of giving you necessary information in an easy to read, non-condescending way. The pull-out pocket guide in the back is excellent, and has already proved to be so valuable to me while shopping!! I definitely HIGHLY recommend this book!!

Are your grocery shopping trips less than inspiring? Do you write the same list of items, week after week, and trudge through the store on autopilot? Have you been stocking the same ingredients in your pantry for decades? As you stare at the endless varieties of food on the shelves, do you know how to determine the options that are the most beneficial to your health? Sounds like you could use a *Grocery Makeover*!

Let nutritionist Julie Feldman, RD, MPH, guide you through each aisle of your local store and help you make new selections that can lead to better overall health and wellness. Demystify nutritional information and learn how to decipher unclear and even misleading labels. Learn great ways to indulge without adding to your waistline. Above all else, discover foods that are both better for you and more delicious. Win-win!

After your *Grocery Makeover*, you may experience uncontrollable fits of happiness as you shop. With your newfound knowledge and this book in hand, your market will no longer be a place of frustration, boredom, confusion, or doubt. Start your *Grocery Makeover* today and see how smart shopping can lead to better health.

"Dietitian Julie Feldman shares relatively pain-free ways to fundamentally change a family's diet through simple shopping choices in *Grocery Makeover*, her first book. *Grocery Makeover* is great for readers certain that diet changes must be made, but also fearful of how drastic and unpleasant these changes might be. By aiming the book at the primary shopper and cook of the home, Feldman is doing great work to combat the epidemic of obesity in children."

-ForeWord s"What a helpful book! This book, along with the enclosed mini-book I can pop in my purse, has pulled me out of the rut, and made me a little more confident in how to grocery shop. If your pantry is looking blah, and your fridge is looking a little dull, pick up a copy of this guide."

-Cathy Schafer, *Your World: Healthy and Natural*