



What the Fork Are You Eating?: An Action Plan for Your Pantry and Plate

Stefanie Sacks

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It's labeled "natural," "grass-fed," or "free-roaming;" yet it might be anything but. It's time to find out what you're *actually* eating...

When your groceries are labeled “low-fat,” “sugar-free,” and even “natural” and “antibiotic-free,” it’s easy to assume that you’re making healthy choices. Yet even some of those seemingly wholesome offerings contain chemical preservatives, pesticides, and artificial flavors and coloring that negatively affect your health. In **What the Fork Are You Eating?**, a practical guide written by certified chef and nutritionist Stefanie Sacks, MS, CNS, CDN, we learn exactly what the most offensive ingredients in our food are and how we can remove (or at least minimize) them in our diets. Sacks gives us an aisle-by-aisle rundown of how to shop for healthier items and create simple, nutritious, and delicious meals, including fifty original recipes.

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