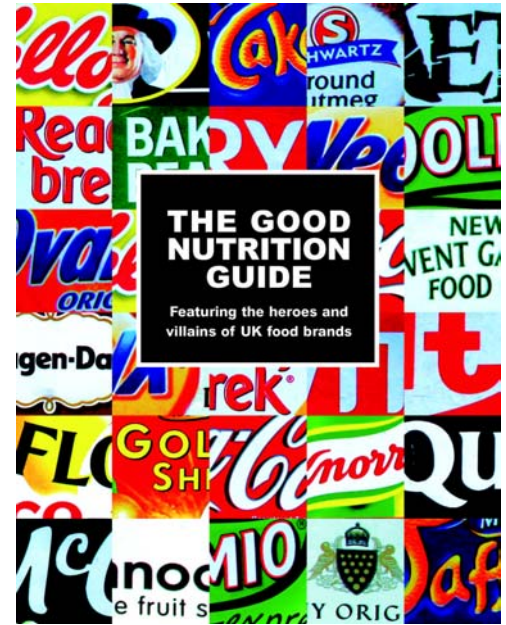


New Book Information

The Good Nutrition Guide

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The Good Nutrition Guide reveals controversial new research on hundreds of the nation's most-loved food products.

In reality, improving diet isn't only about fresh fruit and vegetables - it is also about choosing healthier brands over those packed with damaging sugar, salt, fat and additives. The link between diet and a range of life-threatening conditions such as obesity, heart disease, high blood pressure, cancer and diabetes is clear.

Working with the Food Standards Agency official guidelines on sugar, fat, salt and fibre, *The Good Nutrition Guide* at last reveals the true health rankings of UK food brands. Using straight forward nutrition facts, hundreds of famous food products (from Heinz to Hob Nobs) are analysed and compared in detail.

The Good Nutrition Guide also puts these ground-breaking league tables into context, providing pages of healthy eating information and good nutrition advice. The book makes sensible food planning easy, showing how to make all the best food choices for personal wellbeing – from interpreting current guidelines on recommended daily amounts to deciphering the labelling systems used by the supermarkets.

The proven links between good nutrition, vitality, health and happiness are being strengthened with every study. *The Good Nutrition Guide* provides shockingly clear information - and shows why good nutrition starts with knowing exactly who are the heroes and villains of the supermarket shelves!

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