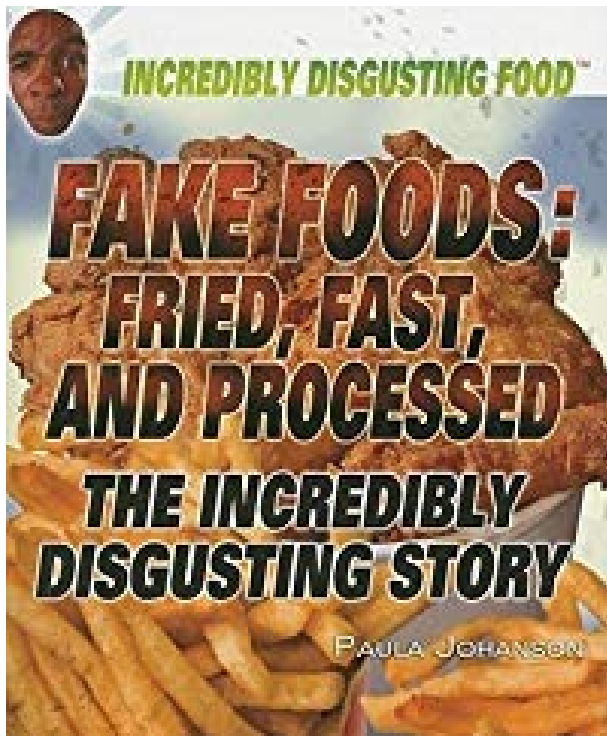


Fake Foods: Fried, Fast, and Processed: The Incredibly Disgusting Story



Language	English
Author:	Paula Johanson
Goodreads Rating:	2.80
ISBN13:	9781448822850
Published:	January 15th 2011 by Rosen Central
ISBN10:	1448822858
Genre:	Uncategorized
Pages:	48

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When we're hungry, we are often more concerned with quashing the hunger than the quality of what we're eating. This book looks at processed food, which might have started as whole, healthy foods, but are now milled, coated or mixed with salt and preservatives, and fried or cooked. Oftentimes this processed food is cleverly packed as wholesome, even when it isn't. Readers will learn how fake food ingredients can contribute to obesity, high blood pressure, and cardiovascular disease. Fake foods have also been linked to stomach and colon cancers, and to high blood sugar levels. The book provides suggestions for real food choices, creating a regime of breakfasts, lunches, and dinners that are healthy and satisfying.