

## Are You What You Eat?

*'In this great read, Giles Yeo ruthlessly and amusingly destroys the calorie as our most persistent diet myth.'*
*Tim Spector, author of Spoon-Fed and The Diet Myth 'A tour de force by the wise and witty Professor Giles Yeo. As well as being one of the UK's foremost experts on the genetics of obesity, Professor Yeo knows how to tell a great story. After reading this brilliant book you will understand what the labels on food really tell us, and what they don't'. Michael Mosley, author of The Fast 800 'Giles Yeo knows that when it comes to motivating us to make better food choices, a little understanding goes a long way. He writes with a gift for making the science of diet interesting and a knack for telling us just what we need to know, and not too much more. Here he takes on the demon calories, and shows us why we should neither fear them, nor worship them, and certainly not count them. It's a book that will help you not just to eat better, but to enjoy eating better. And that's got to be worth having on your kitchen shelf.'*
*Hugh Fearnley-Whittingstall Calorie information is ubiquitous. On packaged food, restaurant menus and online recipes we see authoritative numbers that tell us the calorie count of what we're about to consume. And we treat these numbers as gospel; counting, cutting, intermittently consuming and, if you believe some 'experts' out there, magically making them disappear. We all know, and governments advise, that losing weight is just a matter of burning more calories than we consume. Here's the thing, however, that most people have no idea about. ALL of the calorie counts that you see everywhere today, are WRONG. In Why Calories Don't Count Dr Giles Yeo, obesity researcher at Cambridge University, challenges the conventional model and demonstrates that all calories are not created equal. He addresses why popular diets succeed, at least in the short term, and why they ultimately fail, and what your environment has to do with your bodyweight. Once you understand that calories don't count, you can begin to make different decisions about how you choose to eat, learning what you really need to be counting instead. Practical, science-based and full of illuminating anecdotes, this is the most entertaining dietary advice you'll ever read.*

*Over 80 delicious recipes and lifestyle advice to accompany the hit new Channel 5 series.*

*Part of a series that helps you overhaul your health and make long-term lifestyle changes. This book includes: 'fitness focus' exercises to introduce activity every day; healthy recipes using nutritious wholefoods; and, long-term solutions to reduce your risk of illness.*

*No fancy computer typeface can ever replace the subtle artistry and personalized expressiveness of calligraphic handwriting. And here's the proof: a beautifully designed, easy-to-understand guidebook that takes the reader from the basic pen-strokes of traditional hands such as Uncial and Italic to the proud completion of 15 breathtaking projects. The author, an acknowledged master of this classic art, shows how to achieve the essential coordination of hand and eye, and how to apply the aesthetic principles that shape both the individual characters and the completed page.*

*You Are What You Eat and Other Mealtime Hazards. by Serge Bloch*

*Holistic Thinking Kids*

*Eat what You Love*

*Look Inside: What Happens When You Eat BB*

*You Aren't What You Eat*

*A Revolutionary Program That Works*

*From peanut butter and jelly sandwiches to macaroni and cheese, Valerie Fisher explores the science behind our most delicious dishes!*

*Do your kids eat too much sugar? Do you find yourself saying, "eat your vegetables" all too often? Many parents are becoming aware of how effective it is to feed their kids healthy food. Feeding your family nutritious, whole foods is one of the best ways you can be pro-active in keeping them healthy! Encourage them to love real food with this catchy new book about all the delicious and nutritious whole food choices! These talking, rhyming food characters will make you laugh while giving you some great ideas. Your kids will start to recognize the difference between foods that are nourishing to their bodies and foods that aren't. They will be telling YOU when a certain treat is going to make them feel yucky from their head to their feet! Parents love reading it and kids love hearing it! You will laugh at some of the great ideas, and some of the not so great ideas, when it comes to filling your plate! We Are What We Eat is a fun way to help you to be mindful while you eat, and encourage your kids to do the same. Vegan friendly!*

*In Eat Better Forever, Hugh Fearnley-Whittingstall gives you all the tools to improve your eating habits, and therefore your life - permanently. And to help it all happen, he's added his 100 healthiest recipes yet. In this ground-breaking book, instead of promising a gimmicky single-fix solution to the challenge of healthy eating, Hugh extracts the knowledge, advice and healthy habits, from cutting edge research into the obesity crisis, to produce 7 simple strategies that will transform your diet and your health. Starting with the blissfully simple message that we all need to Go Whole, he leads us away from the industrial junk and processed foods that are doing so many of us so much harm and returns us to the real foods that nurture us and keep us well. Everything that follows is clear, believable and achievable. From sorting the good carbs from the bad, learning not to fear fat, and looking after our gut, to renegotiating the foods we call 'drinks' and being mindful of when to eat...and when to take a pause... Hugh guides us to a better way of eating that will last us our whole lives. It's all offered up with reassuring tips and switches that help us act on the vital knowledge he imparts. And the 100 recipes that come with it, and their endless variations, make for a lifetime of healthy eating.*

*Describes how the body digests food, what certain nutritional elements the body uses and for what, why eating healthy is important, and what causes food poisoning and allergies.*

*The Plan That Will Change Your Life*

*Food Science: You Are What You Eat*

*Love what You Eat : how to Break Your Eat-repent-repeat Cycle*

*The New Sciences of Appetite*

*Are You What You Eat?*

*Slow Down (UK)*

*Now in a new board-book format: a whimsical word book of rhyming things that can – or can't – be eaten! Can you eat... A pea? A pear? A bee? A bear? In this spin-off board book to the bestselling picture-book companion, food critic (and dad) Joshua David Stein asks the question, "Can you eat...?" followed by a lyrical list of illustrated items. From familiar items like apple pie and pineapple to the more nonsensical, like underpants and elephants, this read-aloud twist on a first book of food offers plenty of giggles, with simple yet sophisticated hand-drawings by Julia Rothman that provide authenticity and a balance of seriousness to the silliness at hand. Ages 1-3*

*"In this factual feast, neuroscientist Rachel Herz probes humanity's fiendishly complex relationship with food." –Nature How is personality correlated with preference for sweet or bitter foods? What genres of music best enhance the taste of red wine? With clear and compelling explanations of the latest research, Rachel Herz explores these questions and more in this lively book. Why You Eat What You Eat untangles the sensory, psychological, and physiological factors behind our eating habits, pointing us to a happier and healthier way of engaging with our meals.*

*DIV We have become obsessed by food: where it comes from, where to buy it, how to cook it and – most absurdly of all – how to eat it. Our televisions and newspapers are filled with celebrity chefs, latter-day priests whose authority and ambition range from the small scale (what we should have for supper) to large-scale public schemes designed to improve our communal eating habits. When did the basic human imperative to feed ourselves mutate into such a multitude of anxieties about provenance, ethics, health, lifestyle and class status? And since when did the likes of Jamie Oliver and Nigella Lawson gain the power to transform our kitchens and dining tables into places where we expect to be spiritually sustained? In this subtle and erudite polemic, Steven Poole argues that we're trying to fill more than just our bellies when we pick up our knives and forks, and that we might be a lot happier if we realised that sometimes we should throw away the colour supplements and open a tin of beans. /div*

*Explains why your body is an amazingly complex machine and what foods you should eat to fuel it. If you've felt sleepy during school or wondered what a superfood is, this explains which foods and food groups boost your energy and keep you healthy. Take the quizzes, read the facts and answer the questions to find out which foods keep your brain in top gear. You can understand why healthy eating is so important and the positive impact it has on every aspect of your life. Packed with information on nutrition and healthy eating including vitamins, minerals and antioxidants, you'll be able to make good choices when you eat.*

*Fed Up with Gastroculture*

*A Slow Food Manifesto*

*Intuitive Eating, 2nd Edition*

*The Psychology of Food*

*Eat Better Forever*

*The World's Rarest Foods and Why We Need to Save Them*

*Are You What You Eat?DK Publishing (Dorling Kindersley)*

*May helps you rediscover when, what, and how much to eat without restrictive rules. You'll learn the truth about nutrition and how to stop using exercise to earn the right to eat. You'll finally experience the pleasure of eating the foods you love- without guilt or binging.*

*Everything you eat that we're doing to our environment, good and bad, from pollution and litter to renewable energy and plastic recycling. This environmental book will teach keen young ecologists about our actions affect Planet Earth. Discover shocking facts about the waste we produce and where it goes. Did you know that every single plastic toothbrush ever made still exists? Or that there's a floating mass of rubbish larger than the USA drifting around the Pacific Ocean? It's not all bad news though. As well as explaining where we're going wrong, What a Waste shows what we're doing right! Discover plans already in motion to change the way we eat, how countries are implementing schemes that are having a positive impact, and how your waste can be turned into something useful. Every small change helps our planet!*

*'In Food Story, Elise Musesel shows you how to heal your relationship with food, make nourishing choices, and feel 'in charge' of your health and your life.' –Mark Hyman, MD, New York Times bestselling author of The Pegan Diet and heal of strategy and innovation at the Cleveland Clinic Center for Functional Medicine Finding peace with food isn't about eating more kale, drinking more water, or doing more yoga. It's about unlocking your food story, your inner narrative about what you eat and why you eat what you do. When it comes to food, everyone has a story. The way you feel about food, think about food, deprive yourself or overindulge, the specific things you crave ... There's always a story behind it. Your food story is a big swirl of many things: how you were raised, the messages you received from influential people and absorbed from the media, your positive memories and your painful memories about food. All of it comes together to create thoughts and patterns that directly impact your health and happiness. In Food Story, certified eating psychology expert and health coach Elise Musesel offers you a way out of all the stress and confusion with food, and leads you to a more joyful and relaxed way to eat, think, and live. By understanding your food story, how it formed, and how it drives your choices, you'll say goodbye to guilt and shame as you release the disempowering stories looping inside your mind. You'll finally allow food to help you live your best life—not control it. Food Story is a permission slip to love yourself, filled with juicy questions for reflection, practical tools for cultivating confidence, and grounding rituals for tuning in to your body's true needs and desires. Plus, you'll discover a fun, science-backed way to look at food with over 35 delicious recipes divided by mood. Whether it's happy, focused, radiant, strong, comforted, sensual, or calm, there are nutrients (and recipes!) to bring on that feeling! With Food Story, you'll find all the ingredients you need to banish negative self-talk, reclaim your power, and transform your relationship with food—and yourself—for good.*

*7 Ways to Transform Your Diet*

*You Are Where You Eat*

*Food Story*

*Over 150 Healthy and Delicious Recipes*

*Rubbish, Recycling, and Protecting our Planet*

*Why Should I Eat Well?*

**From chef and food activist Alice Waters, an impassioned plea for a radical reconsideration of the way each and every one of us cooks and eats In We Are What We Eat, Alice Waters urges us to take up the mantle of slow food culture, the philosophy at the core of her life's work. When Waters first opened Chez Panisse in 1971, she did so with the intention of feeding people good food during a time of political turmoil. Customers responded to the locally sourced organic ingredients, to the dishes made by hand, and to the welcoming hospitality that infused the small space—human qualities that were disappearing from a country increasingly seduced by takeout, frozen dinners, and prepackaged ingredients. Waters came to see that the phenomenon of fast food culture, which prioritized cheapness, availability, and speed, was not only ruining our health, but also dehumanizing the ways we live and relate to one another. Over years of working with regional farmers, Waters and her partners learned how geography and seasonal fluctuations affect the ingredients on the menu, as well as about the dangers of pesticides, the plight of fieldworkers, and the social, economic, and environmental threats posed by industrial farming and food distribution. So many of the serious problems we face in the world today—from illness, to social unrest, to economic disparity, and environmental degradation—are all, at their core, connected to food. Fortunately, there is an antidote. Waters argues that by eating in a “slow food way,” each of us—like the community around her restaurant—can be empowered to prioritize and nurture a different kind of culture, one that champions values such as biodiversity, seasonality, stewardship, and pleasure in work. This is a declaration of action against fast food values, and a working theory about what we can do to change the course. As Waters makes clear, every decision we make about what we put in our mouths affects not only our bodies but also the world at large—our families, our communities, and our environment. We have the power to choose what we eat, and we have the potential for individual and global transformation—simply by shifting our relationship to food. All it takes is a taste.**

**What happens when you eat? From the very first bite, your food goes on an incredible journey inside you. Lift the flaps to find out about all the extraordinary things that happen when you eat.**

**THE SUNDAY TIMES BESTSELLER A PRACTICAL, ACCESSIBLE GUIDE TO UNDERSTANDING THE SECRET TO LASTING WEIGHT LOSS AND HOW YOU CAN GET IN SHAPE WITHOUT COUNTING CALORIES' A compelling look at the science of appetite and metabolism' Vogue 'Fascinating science' ITV **What we've been told about our diet has been all wrong. In fact, diet culture can actually drive up your weight in the long-term. For over two decades, weight loss surgeon Dr Andrew Jenkinson has treated thousands of people who have become trapped in the endless cycle of dieting. Combining case studies from his practice and the new science of metabolism, Why We Eat (Too Much) debunks the great myths of the body, and systematically explains why dieting is counter-productive. An unflinching book, it investigates every aspect of nutrition, including: 1. The difference between good and bad fats 2. 'Set weight points' that are unique to everyone 3. The impact of genes and genetic mutation on our weight 4. What happens to our hormones long after a diet ends It's time to put an end to the confusion and understand our bodies better than ever before. Articulate, clear, a joy to read, this is a book that really needed written' Joanna Blythman, author of Swallow This 'Highly persuasive. . . a radical approach to weight loss' Sunday Times 'Debunks the myths around dieting and weight-loss' Telegraph****

**'A book of wonders' Bee Wilson, Sunday Times, Books of the Year 'Dan Saladino inspires us to believe that turning the tide is still possible.' Yotam Ottolenghi 'I love this book... I wish the whole world could read it' Raymond Blanc Eating to Extinction is an astonishing journey through the past, present and future of food, a love letter to the diversity of global food cultures, and a work of great urgency and hope. From a tiny crimson pear in the west of England to great chunks of fermented sheep meat in the Fारे Islands to an exploding corn in Mexico that might just hold the key to the future of food - these are just some of the totam of thousands of foods around the world today that are at risk of being lost for ever. In this captivating and wide-ranging book, Dan Saladino spans the globe to uncover the stories of these foods. He meets the pioneering farmers, scientists, cooks, food producers and indigenous communities who are preserving food traditions and fighting for change. All human history is woven through these stories, from the first great migrations to the slave trade to the refugee crisis today. But Eating to Extinction reveals a world at a crisis point: the future of our planet depends on reclaiming genetic biodiversity before it is too late.**

**Why We Eat (Too Much)**

**Change the Way You Eat**

**Blank Journal and Food Log Book**

**You Are WHY You Eat**

**We Are What We Eat**

**Why You Eat What You Eat: The Science Behind Our Relationship with Food**

**Why We Eat**—a fun and factual book of questions and answers about the things we eat... and don't eat! Food critic Joshua David Stein whets the appetite of young readers with a wondrous and informative approach to talking about food. This humorous, stylized and entirely unexpected set of food facts will engage both good eaters and resisters alike. With questions both practical ("Can you eat a sea urchin?") and playful ("Do eggs grow on eggplants?"), this read-aloud text offers young children facts to share and the subtle encouragement to taste something new! Food and textile illustrator Julia Rothman brings an authenticity to the text that Stein has written from the heart, for his own three year-old and for pre-schoolers everywhere. Created for ages 3-5 years

Discusses basic facts about nutrition, the food pyramid, and the importance of making healthy food choices.

your inner voice? What if you could find a way to stop eating, stop working at a bad job, stop a bad relationship before you walk down the aisle—stop anything when you are all full? Understanding WHY you eat can lead to real and lasting change—both in your weight loss and all other areas of your life. You Are WHY You Eat teaches readers to take back control in their lives. Dr. Ramani takes an iconoclastic, brave, edgy, and witty approach to self-help. She teaches you to unearth that inner voice, and let it be heard. She turns all of your childhood teachings upside down and forces you to take responsibility for your choices in life. Through real-life anecdotes and exercises, she gives you the tools you need to live on your terms, not those of the stakeholders that surround you. It will help you trust yourself and act from the gut, while making that gut smaller at the same time. And in so doing, it will help people live lives that are braver, more authentic, and less riddled with regret. You can change your food attitude and change your life!

Eat Right - Live Right Everything you eat becomes part of you. The food you intake impacts your mood, your emotions, your feelings and of course, the way you look. Our health depends on not only on what we eat, but also various other factors such as how much we eat, how it is consumed and when. All food philosophies agree with the view that we should have a balanced diet, but how does one achieve this in today's stressful urban life? This book is about better understanding food and realizing it's impact on your personality, so that you can make healthy lifestyle decisions. Using a number of stories and interesting facts, the book helps you understand: ? Food - knowing what you eat ? Different Food Philosophies ? Tips on diet and nutrition from across the world ? The healing power of food ? Vitamins, minerals and nutrition ? Wonder Foods - eating your way to good health ? Healing with nature - using food to heal lifestyle diseases. Change Your Diet - Change Your Life! ABOUT THE AUTHOR Sonal Mitra is a Doctorate in Alternate Medicines. Having extensively travelled the world, she has a firsthand account of the dietary habits of people in various countries, states and races. The book is a compilation of her observations and research. Other books by the author are 'Healthy Food, Healthy Living', and 'Traditional India Massage'. In addition Sonal has also written numerous articles for various magazines on health and nutrition.

Bring calm to a busy world with 50 nature stories

What to Eat When

RHS The Magic and Mystery of Trees

Eating to Extinction

You Are What You Eat Cookbook

Now You Know What You Eat

Dr Gillian's recipe for a healthier life . . . Eat delicious food, feel great, look fabulous. The You Are What You Eat Cookbook makes healthy cooking easy, simple and fun. It also answers all those questions that can so often turn into excuses . . . Can healthy food really be tasty and convenient? What can I eat other than salad? I've bought the quinoa, but now what do I do with it? Packed with over 150 recipes and ideas for juices, smoothies, breakfasts, soups, salads, lunch-boxes, main meals, quick bites, snacks and treats, here is a cookbook for you and your family to savour.

All around us, nature is turning, growing and working. Every day, hour by hour, magical transformations happen right in front of you. But it's not always easy to see them. Discover 50 nature stories, paused just long enough for you to watch them unfold. Then go outside and explore and see what you find when you take the time to slow down.

Fortnum & Mason Food Book of the Year 2016 We are not born knowing what to eat. We all have to learn it as children sitting expectantly at a table. For our diets to change, we need to relearn the food experiences that first shaped us.

Why do some pregnant American women eat clay? Why do Cornish women blush at the mention of skate? What is the secret of a healthy diet in Papua New Guinea. Consuming Culture is about why we eat what we eat--and what our eating habits say about us. Original, witty, and provocative, this world tour of food cultures shows how food relates to sex, to the culinary snakes and ladders of meat versus vegetables, and to the often baffling rules of eating etiquette. The first book to investigate the human fascination with food, Consuming Culture explains how food makes friends or enemies of us all and why many societies, including our own, are obsessed with eating what is bad for them. Tell me what you eat and I'll tell you who you are," French gastronome Brillat-Savarine declared. To the Aboriginals of Australia it is fried witchetty grubs; to the Bameka of cameroon it is spiced cat stew. As this pioneering work demonstrates, the use of food in different cultures around the world is by turns perverse, fascinating, disquieting, and, above all, deeply revealing. From the psychology of supermarkets to the cuisine of trench warfare, from the diet industry to cannibalism, Consuming Culture gives valuable--and often hilarious--insight into the importance of food in our society. It will be an essential source of reference for life in the 1990s.

The Definitive Guide to Pairing Food with Wine, Beer, Spirits, Coffee, Tea - Even Water - Based on Expert Advice from America's Best Sommeliers

What to Drink with What You Eat

You are what You Eat

A Guide to What's on your Plate and Why!

Why Do We Eat?

What if eating two cups of blueberries a day could prevent cancer? If drinking a kale-infused smoothie could counteract missing an hour's worth of sleep? When is the right time of day to eat that chocolate chip cookie? And would you actually drink that glass of water if it meant skipping the gym? This revolutionary guide reveals how to use food to enhance our personal and professional lives--and increase longevity to boot. What to Eat When is not a diet book. Instead, acclaimed internist Michael Roizen and certified physician Michael Crupain offer readers a benefit from this science: it's meals to help them look and feel younger and healthier that prevent diseases--based on the science that governs them.

For many people, food is no longer something to 'enjoy' as the stuff that nurtures us, keeps us healthy. It's something to 'control', 'do battle with', all in a warped quest to 'be thin' and live up to society's photoshopped ideals. Plus there's the obesity epidemic where we've trained our tastebuds to crave the fat, salt and sugar that so much junk food is saturated with.By examining the psychological factors that encourage us to eat more than we know we should, as well as the tricks used by marketers to influence what and how much we eat, 'Change the Way We Eat' provides the tools for readers to take ownership of their eating choices so that lifelong change can take place. Discover how• our stage of life, gender, financial resources and values all influence our food choices• branding, packaging and labelling combine to manipulate our shopping habits• our inbuilt taste preferences can determine the food we're drawn to, and how to reprogram them• our environment — from the type of music playing while we eat to the number of people we eat with — can all affect our eating habits• our personality and emotions can drive our food choices and habits, and• we can implement our newfound knowledge to take back control of our plate, become conscious eaters and gain real enjoyment from nourishing ourselves in a way that promotes long-term health and happiness.

You Are What You Eat Human Body Function in Relation To Food Through your parent's influence, you learned the importance of eating balanced meals and drinking plenty of water. But classes on basic body function in relation to food never existed, so you grasped little about your body functions in relation to true nutrition. In this self - teaching - book you will learn the basics of body function in relation to food. And what your body can and can't do with the foods you eat - all using basic and easy-to- implement concepts. You will understand exactly how y works and how to make dietary changes to improve your overall health and prevent or eliminate a variety of diseases. Nutrition is not calorie counting, chemical reactions, or metabolism, but is proper and effective body function as a result of what you eat. Proactive Health Education has based this self - teaching book on research gathered from independent scientists and respected researchers from around the world. You are the sum of everything you eat, including food, water and exercise. Your body knows exactly what it needs, learn how to listen, and ot happier, longer, healthier life.

For those involved in promoting healthy eating in and around the community . . . . . This journal alternates between 9 LINED pages for writing and 1 BLANK page for sketching or preserving throughout - no text. Size 5.2" x 0.2" x 8" with 110 pages total. . . . . Its pages can be used as food journal, diary of recipes, record of special memories, place for random sketches and diagrams, very long bucket list, notebook for tips and tricks, and much more. Make the journal even more special by stuffing a gift certificate or a little cash into the folds. Related terms: State Program, USDA, CACFP, CCFP, Child Care Food Program, Daycare Program, Adult Care Food Program, dietician, Meal Patterns, Hunger-Free Kids Act 2010, National School Lunch Act (NSLA), Dietary Guidelines for Americans, Food and Nutrition Service (FNS), Child Nutrition Program, Health and Nutrition Services, anti-obesity, dietician. ---On THE BACK COVER: --- There is no text on the back cover.

First Bite: How We Learn to Eat

Why You Eat What You Eat

You Are What You Eat

Change Your Food Attitude, Change Your Life

Rewrite the Way You Eat, Think, and Live

Total Health Overhaul

We've all been there-anxious with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: "How to reject diet mentality forever \*How our three Eating Personalities define our eating difficulties "How to feel your feelings without using food "How to honor hunger and feel fullness "How to follow the ten principles of Intuitive Eating, step-by-step "How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

"At a great meal, what you drink is just as important as what you eat. This groundbreaking food and beverage pairing reference allows food lovers to learn to think like a sommelier, and to transform every meal--breakfast, lunch, and dinner--from ordinary to extraordinary"--P. [2] of cover.

This title presents the history of food science. Vivid text details how early studies of nutrition and food chemistry led to today's food safety standards and genetically modified crops. It also puts a spotlight on the brilliant scientists who made these advances possible. Useful sidebars, rich images, and a glossary help readers understand the science and its importance. Maps and diagrams provide context for critical discoveries in the field. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

**Are You What You Eat?** explains why your body is an amazingly complex machine and what foods you should eat to fuel it. If you've felt sleepy during school or wondered what a superfood is Are You What You Eat? explains which foods and food groups boost your energy and keep you healthy. Take the quizzes, read the facts and answer the questions to find out which foods keep your brain in top gear. Understand why healthy eating is so important and the positive impact it has on every aspect of your life. Packed with information on nutrition and healthy eating including vitamins, minerals and antioxidants, you'll be able to make good choices when you eat. Now available in PDF.

Can I Eat That?

You Are What You Eat, So Don't Be Fast, Cheap, Easy, Or Fake

Consuming Culture

Why Calories Don't Count

Can You Eat?

Human Body Function in Relation to Food

*A clear, no-nonsense nutritional guide to a healthier life, from the author of Gillian McKeith's Food Bible and Slim for Life. With over 2 million copies sold worldwide, Gillian McKeith's You Are What You Eat is a national bestseller that has changed the way people think about food and nutrition. You Are What You Eat features real-life diet makeovers and case studies, easy to use lists and charts, and beautiful full color photographs. By encouraging you to eat more nutrient-dense, flavorful whole foods, You Are What You Eat will teach you how to stay healthy and satisfied. This healthy guide also includes: • Gillian McKeith's 'Diet of Abundance' • A 7-Day jumpstart plan • The Food IQ Test • Complete shopping guide and meal plan • Healthy and delicious Mediterranean-inspired recipes*

*Learn about the amazing natural science of trees in this gorgeously illustrated nature and science ebook. From the highest branch and leaf down to the complex "wood wide web" of roots, every part of a tree plays an important role in its own growth and the habitat of the whole forest or woodland. Did you know that trees take care of each other and that the whole forest is connected? The Magic & Mystery of Trees takes children on a fascinating journey of exploration, showing them just how special these mighty organisms are. Discover how they communicate and warn each other of predators, how they nurture their networks, record the past, and anticipate the future to ensure their survival. Learn amazing tree facts, meet extraordinary trees from around the world and learn about the habitats they create. Find out what trees do for us and how to make your community a greener place by planting your very own tree!*

What A Waste

*How we got the science of weight loss wrong*