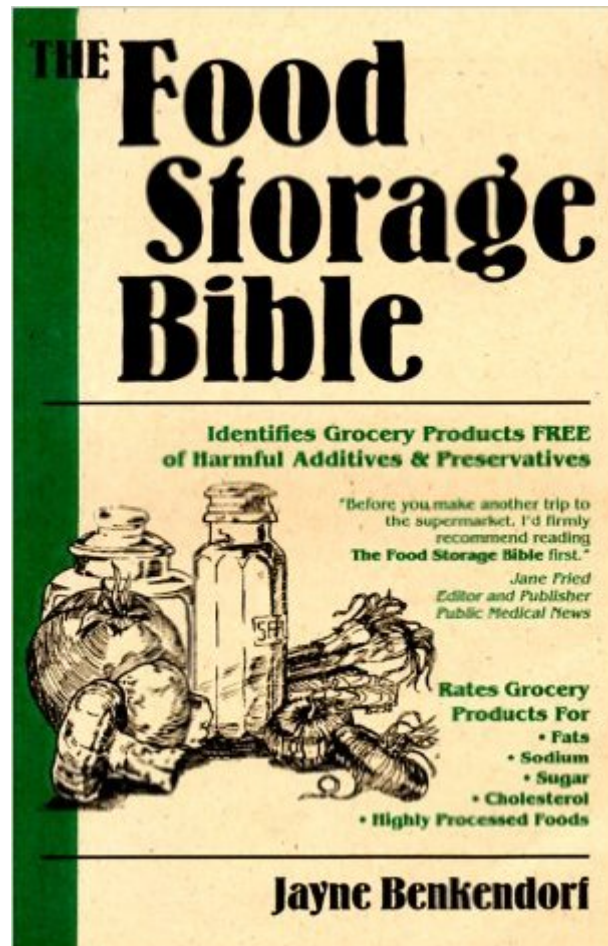


The book was found

# The Food Storage Bible



## Synopsis

This book lists approximately 5,000 food products, by brand name, that are free of harmful additives and preservatives. These are products that we use daily or that we store for emergencies, such as unemployment, natural disasters or Y2K. Each product is rated for fat, sodium, sugar, cholesterol, and overprocessing. This book lists the most harmful additives and preservatives and tells what they can do to the body. With this book, the consumer can purchase the most healthful products in the grocery store. Shopping is made easy.

## Book Information

Paperback: 368 pages

Publisher: Ludwig Publishing; 2 Revised edition (January 22, 1999)

Language: English

ISBN-10: 0965199010

ISBN-13: 978-0965199018

Product Dimensions: 8.5 x 5.6 x 0.8 inches

Shipping Weight: 1 pounds

Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #3,629,395 in Books (See Top 100 in Books) #90 in [Books > Health, Fitness & Dieting > Nutrition > Food Additives](#) #2846 in [Books > Reference > Encyclopedias & Subject Guides > Cooking](#) #4610 in [Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference](#)

## Customer Reviews

The author obviously put a lot of work/research into the book BUT it really has NOTHING to do with food STORAGE. I feel that the contents, though interesting, do not match the title. I was interested in a book on food STORAGE - not additives, etc...

I bought this book while looking for helpful ideas on my own home food storage, so I was disappointed. However the content is still very good and was very informative. I learned a lot about food additives. If you are concerned about just what is in processed foods, this was a good starting reference. If you are looking for guides to help you with setting up and managing your own home food storage, other books have been much more helpful.

Jane Benkendorf has done it! She has done your home work for you. "The Food Storage Bible"

allows you to bypass label reading. Each brand name product is listed and graded to help you buy only foods that are free of unhealthy preservatives, dyes, and any of the other additives that increase cancers and tear down the immune system. When you read this book you will feel like Jane has been shopping with you explaining each toxic item to you on a personal level. I would recommend this book to anyone looking for an easy lesson on food additives and a simple shopping guide. Sandra Swanson Wholesaler Arizona Nutritionals

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