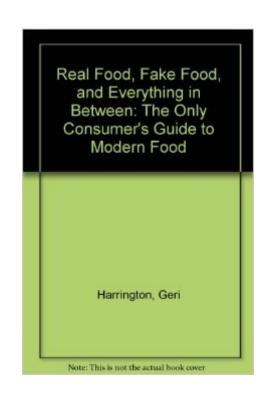
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# Real Food, Fake Food, And Everything In Between: The Only Consumer's Guide To Modern Food





## **Book Information**

Hardcover: 381 pages Publisher: Macmillan Pub Co (June 1987) Language: English ISBN-10: 0025484206 ISBN-13: 978-0025484207 Product Dimensions: 9.3 x 6.3 x 1.4 inches Shipping Weight: 1.8 pounds Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #2,200,548 in Books (See Top 100 in Books) #62 in Books > Health, Fitness & Dieting > Nutrition > Food Additives #3383 in Books > Science & Math > Agricultural Sciences > Food Science

#### **Customer Reviews**

This book changed my life. You will never think about food the same way. The result of the changes in my life after reading this book 15 years ago was that I raised children that were healthy and of normal activity and weight levels naturally. There is no substitute for real food and for real nutrition. I look around and see obese children who are starving for lack of nutrition. They are obese unhealthy and starving due to a lack of nutrition in their diet.

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