



Catherine Saxelby's Food and Nutrition Companion

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Do you want to have more energy? Manage your weight better? Delay the effects of ageing? Live a full, long life in good health? Despite the huge gains in nutritional knowledge, healthy eating has not become easier. In our timepoor society, fewer people regularly cook and eat at home, and many rely on take-away and fast+Q1 foods. In effect, we are suffering from malnutrition in the midst of plenty, along with many modern lifestyle diseases: obesity, diabetes, heart disease and cancer. Catherine Saxelby, Australia's most respected nutritionist brings you THE ultimate guide to health through food and nutrition. A leading nutritionist for over 20 years, Catherine has educated a generation of Australians about healthy eating and getting the most from their diet. Catherine now brings you the Food and Nutrition Companion, an A-Z guide of everything you need to know to get healthy, live longer and live better. With more than 500 entries covering whole foods, processed foods, additives, nutrients, supplements and more, this is the ultimate family reference for good health and nutrition.



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