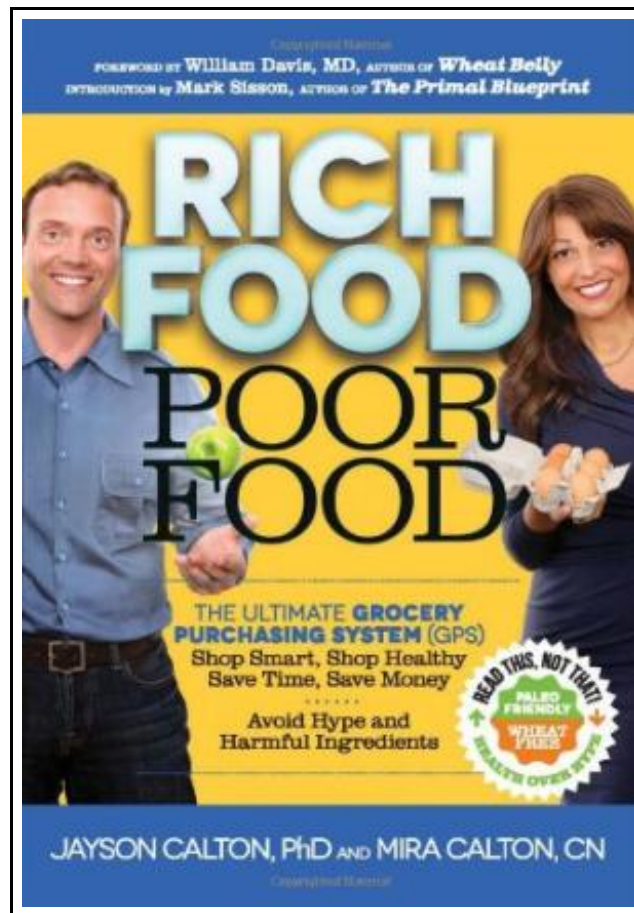


## Rich Food Poor Food: The Ultimate Grocery Purchasing System (GPS)



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Primal Nutrition. Paperback. Book Condition: New. Paperback. 324 pages. Do you get confused while pouring over labels at the grocery store trying to determine the healthiest options? What makes one box of cereal better for you than another, and how are we supposed to decipher the extensive lists of mysterious ingredients on every package, and then determine whether they are safe or toxic to your family's health? With nearly 40,000 items populating the average supermarket today, the **Rich Food Poor Food - Grocery Purchasing System (GPS)**, is a unique guide that steers the consumer through the grocery store aisles, directing them to health-enhancing Rich Food options while avoiding health-detracting Poor Food ones. Rich Food, Poor Food is unique in the grocery store guide arena in that rather than rating a particular food using calories, sodium, or fat as the main criteria, it identifies the products that contain wholesome, micronutrient-rich ingredients that health-conscious shoppers are looking for, like wild-caught fish, grass-fed beef, raw organic cheese, organic meats, pastured eggs and dairy, organic produce and sprouted grains, nuts and seeds, while avoiding over 150 common unwanted Poor Food ingredients such as sugar, high fructose corn syrup, refined flour, GMOs, MSG, artificial colors, flavors and sweeteners, pesticides, nitrites/nitrates, gluten, and chemical preservatives like BHA and BHT. So while other food-swapping grocery guides may give the green light to eating Kellogg's Froot Loops with Sprinkles, Oscar Mayer Turkey Bologna and Hostess Twinkies based on their lower calories, sodium, and/or fat levels, you won't find these heavily processed, food-like products identified as Rich Food choices in Rich Food, Poor Food. That doesn't mean this guide to micronutrient-sufficient living leads readers to a boring culinary lifestyle. Quite the contrary! The Caltons offer Rich Food choices in every aisle of the store including...



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