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The Right Bite

By Jackie Lynch

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Right Bite, Jackie Lynch, It's easy to follow a healthy diet when you're in control of your shopping list and the contents of your fridge. But as soon as you step outside the front door, it can get a lot more complicated. Walk into a coffee shop, a bar or the cinema, and making the right decision can be a lot more challenging and confusing. "The Right Bite" is here to help with accessible, practical advice for all those everyday occasions, you can make the smart choice even when healthy options are limited. Each chapter focuses on a different eating environment from Breakfast on the Go to Working Lunches, Takeaway Food, Pubs, Picnics, Barbeques and the Cinema. For each situation "The Right Bite" then explores the type of foods likely to be available and compares them, explaining the main health pitfalls and highlighting top picks. A ham and cheese croissant is a better option in a coffee shop than a skinny muffin for example! "The Right Bite" explains why, providing useful insights with a down-to-earth approach. Packed with design features and small enough to slip in your handbag, this is the one-stop guide for anyone wanting...



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Reviews

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