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# EAT YOUR HEART OUT: WHY THE FOOD BUSINESS IS BAD FOR THE PLANET AND YOUR HEALTH



Penguin Books Ltd, United Kingdom, 2008. Paperback. Book Condition: New. 194 x 128 mm. Language: English . Brand New Book. Why is it. That almost all the processed foods we eat contain the same handful of ingredients? That these handful of ingredients are produced by only a handful of multi-nationals? That some cereals contain more salt per serving than a packet of crisps? That served with milk, sugar and raisins, some cardboard packets have been said to be more nutritious than...

## Read PDF Eat Your Heart Out: Why the Food Business is Bad for the Planet and Your Health

- Authored by Felicity Lawrence
- Released at 2008



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## Reviews

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