



# Eat Your Heart Out: Why the Food Business is Bad for the Planet and Your Health (Paperback)

By Felicity Lawrence

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 the cereal they contain? That there are half the number of dairy farms in the UK than there were 10 years ago? That over the same period the turnover of the top 20 global dairy corporations has increased by 60? That over 60 of all processed foods in Britain contain soya? That the UK government s Committee on the Toxicity of Food judged that eating soya could have hormone-disrupting effects? That in 1970, a hundred grams of an average chicken contained less than 9 grams of fat, but today it contains nearly 23 grams of fat? That the amount of protein in that chicken has fallen by more than 30? That children aged 4-14 in the UK get...



### Reviews

This is the greatest pdf i actually have go through right up until now. It is actually packed with knowledge and wisdom I found out this book from my dad and i advised this publication to find out.

-- Arely Rath

I actually started reading this pdf. It can be rally exciting through reading period of time. Your lifestyle span is going to be enhance as soon as you total reading this ebook.

-- Nya Bechtelar

## Other eBooks



### The Dare (Paperback)

Transworld Publishers Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 194 x 128 mm. Language: English. Brand New Book. At the start of his school holidays, Danny Delaney is looking forward to a trouble-free summer. But when his mother returns home...



### The Turn of the Screw (Paperback)

Dover Publications Inc., United States, 2013. Paperback. Book Condition: New. Reprinted edition. 202 x 128 mm. Language: English. Brand New Book. For lucidity and compactness of style, James s short novels, or novelles, are shining examples of his genius. Few other...



# **Short Stories (Paperback)**

Dover Publications Inc., United States, 1995. Paperback. Book Condition: New. 202 x 128 mm. Language: English. Brand New Book. In his stories and in such landmark novels as Sister Carrie and An American Tragedy, Theodore Dreiser (1871 1945) defied literary propriety...



# Soul Storm (Paperback)

Hachette Children s Group, United Kingdom, 2014. Paperback. Book Condition: New. 196 x 128 mm. Language: English. Brand New Book. Someone is following Alice. She s sure it s her sister s murderer, but her parents think she s cracking under...



### Flappy the Frog: Stories, Games, Jokes, and More! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you looking for a kid s or children s book that is highly entertaining, great for early readers, and...



# Hoppy the Happy Frog: Short Stories, Games, Jokes, and More! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you looking for a kid s or children s book that is highly entertaining, great for early readers, and...