



## Your Lifestyle Diet

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By Karen Sullivan

Wellhouse Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Your Lifestyle Diet, Karen Sullivan, A healthy diet is not just balancing food intake, it involves eating foods that promote rather than endanger health. What are the elements of a healthy balanced diet? How do we identify which are good fats, bad fats and essential fats? What problems can be caused by sugar in our diet? What are the different types of sugars found in our diet and which are healthy? What should we drink and what should we avoid drinking? What essential supplements do we need? The answers to these questions and many more are contained in Your Lifestyle Diet.



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