



Protecting Your Family With Food: Eating Right Made Simple

Robert Korczynski

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Have you ever wondered what foods were actually good for you, and good for your family? With all of the confusing information about food and health in America, this book summarizes in plain English the latest findings from scientific studies on the complex factors now known to influence health, including exactly which foods you need to limit, and which foods you need to avoid if you want to protect your family from high cholesterol, heart disease, and cancer. Delicious and healthy food can be a part of your family's lifestyle today, if you know how to choose what's good for them.

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