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## Read the Label!: Discover What's Really in Your Food

*Richard Emerson*

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**Richard Emerson : Read the Label!: Discover What's Really in Your Food** before purchasing it in order to gage whether or not it would be worth my time, and all praised Read the Label!: Discover What's Really in Your Food:

Do you know the difference between Use by and Best before? Or what is meant by Farmhouse or Home-made? And

did you know that 75% of the salt we consume each day is added by food manufacturers during preparation or processing? *Read the Label!* is a must-have reference book that exposes the reality of food labeling and provides comprehensive information on how food manufacturers can manipulate the facts. With an in-depth examination of the common ingredients found in our foods, information on how far you can trust the food label and clear guidance on how to make an informed decision about the products you buy, this book will change the way you shop forever.

"This book demystifies the science behind the food label... using simple, everyday language" Azmina Govindji, Registered Dietitian and bestselling author "Read the Label! provides advice that will give consumers an insight into what really goes into the food they buy and eat" David Pickering, Trading Standards Institute "This book makes hitting the supermarket an interesting and educational experience." GoodlifeAbout the AuthorRichard Emerson is a member of the Medical Journalists Association and the author of *Irritable Bowel Syndrome*, *The Irritable Bowel Diet*, *The Best Sex Youll Ever Have*, and *The New Kama Sutra*.