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# The Real Food Grocery Guide: Navigate the Grocery Store, Ditch Artificial and Unsafe Ingredients, Bust Nutritional Myths, and Select the Healthiest Foods Possible

*Maria Marlowe*

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# The Real Food Grocery Guide: Navigate the Grocery Store, Ditch Artificial and Unsafe Ingredients, Bust Nutritional Myths, and Select the Healthiest Foods Possible

*Maria Marlowe*

**The Real Food Grocery Guide: Navigate the Grocery Store, Ditch Artificial and Unsafe Ingredients, Bust Nutritional Myths, and Select the Healthiest Foods Possible** Maria Marlowe
Everyone wants to eat healthy. But with the thousands of products lining the grocery store shelves it can be overwhelming. Is fat-free or gluten-free healthier? What are food labels really saying? What does "natural" truly mean and is organic produce and grass-fed meat worth the extra cost? It can be confusing, not to mention expensive. It doesn't have to be that way.

***The Real Food Grocery Guide*** **helps you navigate every aisle of the grocery store clearly outlining what foods are truly the healthiest, the freshest, and the most economical (and which ones belong in the garbage rather than your grocery cart!)**

*The Real Food Grocery Guide* is the most comprehensive and actionable guide to grocery shopping and healthy eating ever with advice on:

· what to eat for health, balanced weight, and longevity
· how to shop to save a significant amount of time and money
· how to decipher food "buzz words" (like natural, grass-fed, wild, organic, gluten-free, etc.): know which to buy and which to leave on the shelf
· how to select the most nutritious and delicious produce, every time (no more getting home with brown avocados or tasteless melon)
· why the quality of animal-products-such as meat, fish, eggs, and dairy-is crucial--and how to choose the healthiest kinds
· how to store fresh food properly so it doesn't spoil too quickly
· why calorie counting is futile - and what you should look for instead to determine the healthiness of any food
· how to decipher what a food label is *really* saying
· how to avoid being duped by sneaky food industry claims and choose the best packaged products every time

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