

Synopsis

Here's the first quick reference guide to more than 250 of today's most common additives--found in just about everything we eat--in an easy-to-read dictionary format.

Book Information

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Customer Reviews

This dictionary should be an essential part of every food allergic individual's home library. Simple, concise, and complete definitions assist in the identification of possible hidden allergic ingredients. A great companion to take the supermarket for verifying source of unknown ingredients.

I wanted a simple reference guide to take with me when I go shopping. I'm not, by any means, a fanatic about this stuff, but I want to be careful about what I feed my family. This book did the trick. It's tiny and fits in my purse and gives a brief description of the entries and a graphic symbol that make my decision quick and easy. If I have more questions about an item, there are plenty of great books out there with more in-depth answers. I use it all the time.

Small enough to take with you to the store, yet full of info which is understandable. I keep it in my spice cabinet. One of the greatest books I've picked up.

this book lets you know what is harmful to you and its great helps you decide whats not good for you

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