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Titolo	Navigating the numbers : how to find them, translate code numbers, and minimise the culprits // Catherine Saxelby
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ISBN	0-9875521-1-2
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Descrizione fisica	1 online resource (72 pages)
Collana	The Handy Foodwatch Guide
Disciplina	664.06
Soggetti	Food additives
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- About Navigating the Numbers: The Handy Foodwatch Guide to Additives -- Contents -- Introduction: Hello from Catherine -- The attraction of convenience -- Why are food additives used? -- The 23 main classes of additives and what they do -- How are additives shown on the label? -- So which additives should I avoid? -- Additives you don't need to worry about -- My 4-step guide to avoiding additives -- Clean labelling -- My conclusions on additives -- References and websites (grouped in order) -- Acknowledgements -- Free extras -- For more info -- Copyright notice -- Disclaimer -- About Catherine Saxelby -- Copyright.
Sommario/riassunto	Additives are not all bad. Despite our best intentions, we can't always eat fresh and cook from scratch. Here you can find out the additives that pose NO problem and those to steer clear of. And how to navigate between healthy meals and junk eating.