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THE FAST FOOD DETOX



ABC Books, Australia, 2011. Paperback. Book Condition: New. 210 x 136 mm. Language: N/A. Brand New Book. Fast food and prepackaged food is abundantly available and we eat far too much of it. In fact, we spend a third of our food budget on fast food - which is loaded with fat, salt, sugar, kilojoules and additives. And often these foods have virtually no vitamins or minerals for the kilojoules that come with them. Have you ever stopped to think...

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- Authored by Andrew Cate
- Released at 2011



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