



# Grocery Makeover: Small Changes for Big Results

*Julie Feldman*

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Are your grocery shopping trips less than inspiring? Do you write the same list of items, week after week, and trudge through the store on autopilot? Have you been stocking the same ingredients in your pantry for decades? As you stare at the endless varieties of food on the shelves, do you know how to determine the options that are the most beneficial to your health?

Sounds like you could use a *Grocery Makeover*!

Let nutritionist Julie Feldman, RD, MPH, guide you through each isle of your local store and help you make new selections that can lead to better overall health and wellness. Demystify nutritional information and learn how to decipher unclear and even misleading labels. Learn great ways to indulge without adding to your waistline. Above all else, discover foods that are both better for you *and more delicious*. Win-win!

After your *Grocery Makeover*, you may experience uncontrollable fits of happiness as you shop. With your newfound knowledge and this book in hand, your market will no longer be a place of frustration, boredom, confusion, or doubt. Start your *Grocery Makeover* today and see how smart shopping can lead to better health.

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