

Now you can ALWAYS make the right food decisions to keep you and your family healthy, illness-free and looking great!

FIND OUT IF YOUR WEEKLY FOOD SHOPPING IS AS HEALTHY AS YOU THINK ...



Is there a way to cook pasta to make it healthier?

YOU BET! See page 276 for the optimal cooking time.

Is green the right colour choice for my peppers?

Not really. Page 262 tells you why red peppers are a **BETTER CHOICE**.



Is drinking milk good for me?

YES! It slashes your risk of fatal heart disease by up to 15% and stroke by 20%. See page 112.

Are eggs great for breakfast or is that too much cholesterol? You might be surprised by **THE FACTS** on page 109.



Eating well for better health, more energy and fewer common ailments can be easy and fun! All you need are the facts – not the hype – about today's food choices. And that's exactly what you'll find in this all-new, well-researched, easy-to-read, powerhouse of a book!

AT LAST! EASY FOOD CHOICES AND SIMPLE CHANGES TO MAKE LIFE TASTIER, HEALTHIER & MORE ENJOYABLE!

In the easy-to-read, fact-filled pages of **Eat Well, Live Long** you'll discover:

THE TRUTH ABOUT THE FOOD YOU EAT

A fascinating, sometimes shocking look at how mass marketing and manufacturing has transformed everyday foods and the way we eat.

HEALTHY CHOICES THAT ARE STILL DELICIOUS

Learn how to eat a quick breakfast that keeps you full for hours, make healthy snacks that satisfy, and whip up dinners that cover the nutritional spectrum ... all with our handy meal-by-meal guides.

SIMPLE CHANGES WITH BIG HEALTH IMPACTS

Trade a few foods in your current diet for luscious fruits, crusty bread, golden olive oil and even a little wine – the positive health impact could be massive!

EXPERT TIPS ON DAILY MEALS

Yes, it really is easy to dramatically impact your health with these small tweaks you can apply to every meal.

FOOD FRIENDS AND FOES

Your food-by-food guide to dozens of the most popular choices – health information, best buys, what to avoid, how to select and prepare, tasty meal ideas and **MUCH MORE!**

MAKE YOUR YEARS MORE DELICIOUS!

We might be living longer, but we're also plagued with unprecedented health concerns. **Eat Well, Live Long** teaches you how to enjoy your longer lifespan with health, vitality and delicious meals every step of the way!

SAY "YES" TODAY!

Guarantee of Satisfaction

We take pride in our position as the leading publisher of high-quality, illustrated reference books. It is therefore important to us that you are entirely satisfied with any book you order from us, and this guarantee gives you every assurance that ...

1. Every effort will be made in production and packing to ensure that your copy of **Eat Well, Live Long** reaches you in perfect condition.
2. Your book will be dispatched, when available, with the utmost care to ensure its prompt and safe delivery.
3. You may return the book with seven working days of delivery and receive a full refund of any money you may have paid. Full details will be sent with your book.
4. Your complete satisfaction is guaranteed – this has been Reader's Digest policy for over 80 years – and we will continue to serve you with this aim in mind. This guarantee does not affect your statutory rights.



NEW & EXCLUSIVE!

GROUNDBREAKING READER'S DIGEST BOOK BRINGS YOU THE WHOLE FOOD TRUTH

Eat well, live long!

Discover hundreds of delicious, surprising foods that pack the biggest health punch



✓ **Arm your body to ward off disease**
Find out which tasty foods strengthen the immune system and help fight cancer (page 259)

✓ **Boost your everyday energy**
The secrets not in a so-called "energy drink", but in smart food swaps and tips that unlock food's true potential

✓ **Keep your heart strong and healthy**
Uncover the health secrets of strawberries, peppers and Brazil nuts (page 85)

✓ **Reduce arthritis symptoms**
Cook with these two oils to help reduce the inflammation that causes arthritis pain (page 102)

INSIDE: Food secrets manufacturers don't want you to know!

PLUS ... the surprising foods you should eat as often as possible, how to easily avoid harmful foods, and how to ALWAYS spot the healthiest options in the market, at home and when dining out.



5 FOOD FRIENDS



Go Green to Beat the Blues

One small **AVOCADO** can make up for this vitamin deficiency, which contributes to depression. (page 123)



Can Cancer

Men: Find out why **cooked and tinned tomatoes** are best to reduce your prostate risk. (page 148)



Cuppa Cure

Your daily dose of **COFFEE** could reduce your risk of Alzheimer's and Parkinson's disease. (page 294)



Beef Up Your Diet

Discover why **BEEF** wins the protein smackdown against both lamb and pork. (page 108)



"Beet" Hypertension
BEETROOT is high in potassium and nitrates which help to lower high blood pressure. (page 297)

Your all-day guide to healthy eating!

The rules of healthy eating seem to change almost every week. Is coffee really good for you? Should you snack between meals or not? Is coconut oil a "bad" fat? Are there any processed foods worth buying?

You'll find the answers to these questions – plus many more – on the colourful, picture-packed pages of **Eat Well, Live Long**. Every piece of information in this unique guide has been thoroughly researched and triple checked by our editors along with nutritional experts to be the absolute most current, most scientifically backed, most helpful nutrition information available.

The result is a book that cuts through the clutter and presents facts, not fads, to help you and your family choose the right foods to **EAT WELL & LIVE LONG!**

7 Small Steps With Big Impact

Getting healthier doesn't mean dramatic changes. Sometimes, small steps can take you far in your quest to lose weight, get healthier and feel your best ...

Replace pretzels with popcorn. Wholegrain popcorn is high in fibre and low in calories, fat, salt and sugar, making it an excellent snack choice.

Use an oil-based dressing on your salad and you'll absorb more of its helpful nutrients.

Eat this always-affordable fruit 20 minutes before your meal and you could lose up to 21 pounds in three months!

Start your day with eggs. Study volunteers who did ate an average of 143 fewer calories a day.

Shell your own pistachios and chances are you'll eat 50% less than if you buy them unshelled.

Cook your carrots and your body will absorb 30% more of the antioxidant beta-carotene. (Serve them with a knob of butter and you'll absorb up to 13 times as much!)



SAY "YES" TO BETTER HEALTH AND A LONGER LIFE TODAY!

Better tasting than anything in your medicine cabinet!

The foods in **Eat Well, Live Long** are so nutrient dense that they can help you ward off some of the most common diseases plaguing people today. And they all taste a lot better than a bitter pill or nasty syrup!

REDUCE CHOLESTEROL Nuts and seeds help get the job done. Just this amount of nuts (see page 88) can have a significant impact on "bad" cholesterol.

CAST OFF COLDS Onions, garlic and the two flavour-enhancers on page 258 are all good sources of vitamin C and have natural antibiotic properties that fight infection.

PROTECT AGAINST HEART ATTACK AND STROKE You can do it with flavonoids and you can find out where to get them naturally on page 87!

SLASH YOUR DIABETES RISK Eating 25g fibre a day reduces your diabetes risk by 25%. See page 97 for dozens of delicious fibre-rich foods.

BLAST CANCER Studies indicate that the natural plant chemicals in the vegetable found on page 90 can destroy mutant genes that cause up to half of all cancers.



NOT AVAILABLE IN STORES!

FINALLY!

The one book you can turn to for proven, honest, well-researched food advice free from the influence of advertisers or food manufacturers.

320 Information-packed pages, divided into "bite-sized" paragraphs you can read in a flash

200 Full-colour charts, photographs and illustrations to make the content lively and the book fun to browse

Handy index arranged by food AND common ailments speeds you to the information you need, when you need it

Substantial hardcover size: 254mm x 197mm



As a nutritionist, I'm aware of something powerful that you might not know: the people who produce the food we eat don't always have your health as their main objective!

There was a time when all our food came from local farms. We ate fresh fruit, vegetables, cereals, eggs, meats and dairy products that came to us pretty much in their natural state. But, as "progress" impacted on our food supply, much of what we eat became more processed, and that natural state was modified to create extremely "convenient" foods.

This new book from the health experts at Reader's Digest teaches you how to avoid the pitfalls of modern eating and to make choices that put the flavour, nutrients and healthy good, wholesome foods back on your family's table. Not everyone in the food industry will want a return to fresher wholesome produce, but I certainly do!

Kathy Lewis

Consultant Nutritionist,
BCApSc, MSc, MBA, R.Nutr., MCIM, MIHPE

SCIENTIFICALLY PROVEN FACTS ABOUT YOUR FAVOURITE FOODS!

What's on the menu?

Use this simple trick to always pick the healthiest dishes at Indian restaurants ...

Find out how to build a healthier – but still irresistible – pizza at your favourite Italian eatery ...

Sweet-and-sour dishes at Chinese restaurants contain as much as 8 teaspoons of sugar! Find out how to make better, yet still delicious, choices ...

Avoid this one common ingredient at Thai restaurants and you can have a delicious AND nutritious dining experience ...

5 FOOD FOES



Coffee Caution

You might already know that a **SYRUP-FLAVOURED LATTE** has too much sugar and too many calories, but did you also realise that it has 25% of your recommended daily saturated fat intake too?



Mystery Meats

In one study, those who ate 150g or more of **PROCESSED MEAT** every day – the amount in three rashers of bacon – had a 63% higher risk of bowel cancer..



Bad Bars

CEREAL BARS might seem like a healthy breakfast choice, but of 275 bars examined: 75% had unacceptably high levels of sugar and 20% had high levels of salt



Oily Offenders

Eat a bag of **CRISPS** a day and you will have consumed almost 5 litres of cooking oil a year!



Sweet Seduction

You'll be shocked at all the places super-high levels of sugar hide in our foods. Learn a simple label-reading trick to find out how much sugar is too much.