



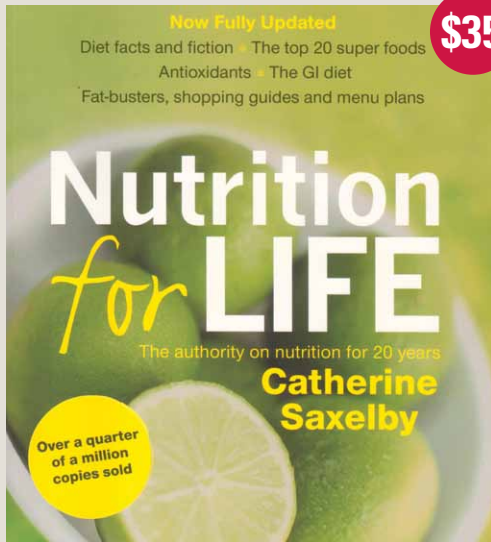
www.foodwatch.com.au



Leading nutritionist and Author, Catherine Saxelby

Books and ebooks to make healthy eating easy.

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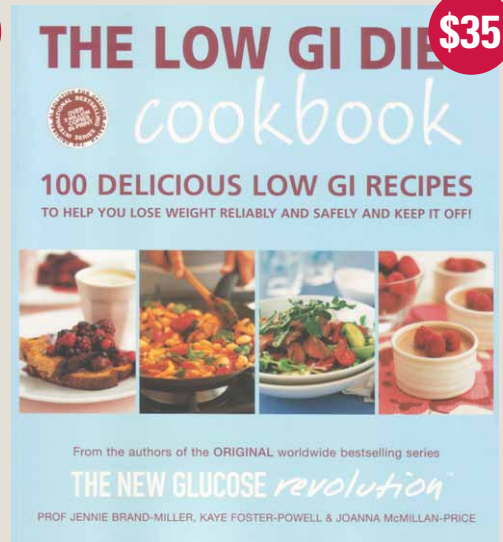
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NUTRITION FOR LIFE:
Your complete guide to healthy eating. From sugar to weight loss, it puts today's food issues at your fingertips.



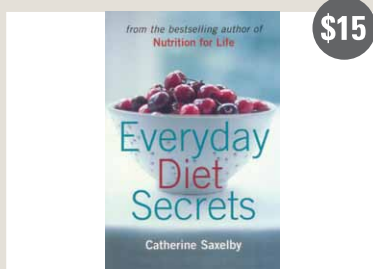
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ZEST COOKBOOK: Over 120 recipes for healthy weight and vitality. Rediscover your zest for life with healthy recipes full of fresh ingredients and super foods.



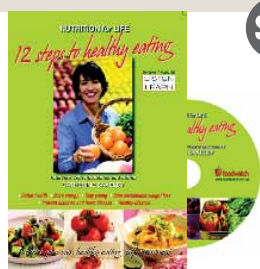
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A collection of 100 delicious low GI recipes from the Glycaemic Index experts' and their friends' kitchens.



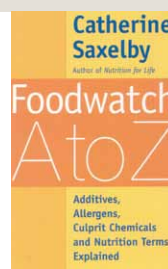
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140+ best tips and tools to help you shed those extra kilos. Offering a blend of solid advice and clever ideas about diets, diet food and how to eat.



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12 STEPS TO HEALTHY EATING AUDIO CD: Listen to Catherine share her secrets to creating the ideal diet. Easy to understand advice plus your own healthy eating self-assessment quiz.



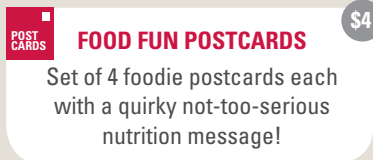
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FOODWATCH A TO Z:
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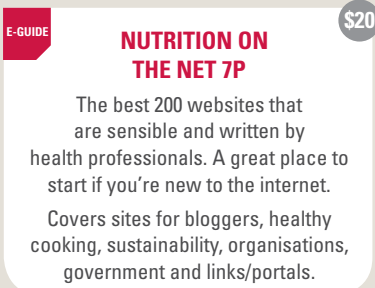
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Read up on the nutritional needs and common feeding problems of children from fussy eaters, meal times, school lunches, snacks, overweight kids and teaching them about food.

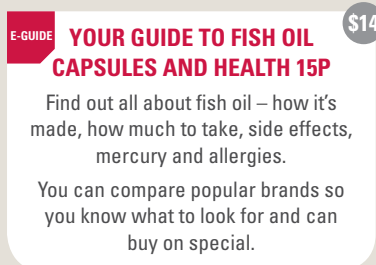
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