



Snack Time: Be Health-Wise Prevention is Better Than Cure (Paperback)

By Sylvia Dapper

Kenneth Kaiza, United Kingdom, 2017. Paperback. Condition: New. New edition. Language: English . Brand New Book ***** Print on Demand *****.Snack time is a delightful, compact book to read and be carried about as the foods being discussed in it are delightful and delicious to eat and compact to be carried about, as well as super beneficial to the individual s health. By researching and writing Snack Time , Sylvia Dapper has drawn together a miscellany of sound, practical advice on what makes up a good balanced diet, made up of food which is not only easy to procure and then prepare, but which is also kind to one s pocket - the last-mentioned being unlike many of the so-called slimming meals. Sylvia details why these foods are healthy, what benefits they bring to the human body, and how they can form the basis of a wide miscellany of delicious snacks - ones that not only taste good, but which are also doing good at the same time. Read, eat and enjoy in today s world where, seemingly, a perfect appearance is all-important. Anyone looking to discover a balanced diet is faced with a bewildering choice of what to eat...

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