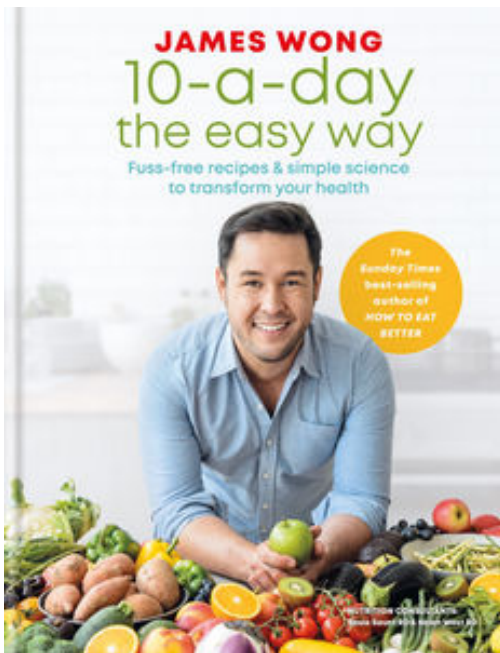


# 10-a-Day The Easy Way - James Wong Read Ebooks [EN] PDF, EPub, Mobi



## 10-a-Day the Easy Way James Wong Read ebooks [EN] PDF, ePub, Mobi, 'A brilliant new book'- *Daily Mail*

Eating healthily can be a confusing business. But what if there were a single, simple change you could make that would transform your health, without forcing you to give up the foods you love?

According to a growing body of international studies, little tweaks to your everyday diet to get you beyond the 5-a-day minimum and towards 10-a-day could slash your risk of developing the biggest diseases to affect the Western world. In fact, experts agree that simply eating more fruit and veg is the single most important dietary change you can do for your health!

As only 3 out of 10 people are even achieving the minimum amount of fruit and veg, this book aims to make getting there easy. No gimmicks, no 'banned' foods, no miserly portion sizes. Just 80 of the classic recipes you know and love made healthier (and tastier) by simply upping the amount of fruit and veg in them, all backed by the best science available.

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