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### **Foods That Harm Foods That Heal readersdigest ca**

The foods most likely to contain trans fats are processed foods like chips, breakfast waffles, doughnuts, pastries, cookies, crackers, fast food products like deep-fried sandwiches and french fries. They are also in some margarines and spreads.

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The all-new Foods That Harm, Foods That Heal is based on the newest health and nutrition research to uncover the link between our health and the food we eat, according to Courtenay Smith, executive editor of Reader s Digest. This 2013 edition is a complete update from the first edition published in 1997.

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'Foods that Harm Foods that Heal', help made me aware of what I consume. Before I eat anything I always think is this beneficial or am I risking my health.

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### **Foods That Harm Foods That Heal Editors of Reader's**

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