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RICH FOOD, POOR FOOD is unique in the grocery store guide arena because rather than rating a particular food using calories, sodium, or fat as the main criteria, it identifies the products that contain wholesome, micronutrient-rich ingredients that health-conscious shoppers are looking for.

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Welcome to RICH FOOD, POOR FOODS - Your personal GPS or Grocery Purchasing System. In their first book, Naked Calories, the Caltons revealed the importance of choosing the most micronutrient RICH foods. Now they make these foods even easier to identify, making sure you leave the checkout with a cart full of essential vitamins and minerals.

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Rich Food Poor Food Saving Dinner

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With nearly 40,000 items populating the average supermarket today, the Rich Food Poor Food - Grocery Purchasing System (GPS), is a unique guide that steers the consumer through the grocery store aisles, directing them to health enhancing Rich Food options while avoiding health detracting Poor Food ones.

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