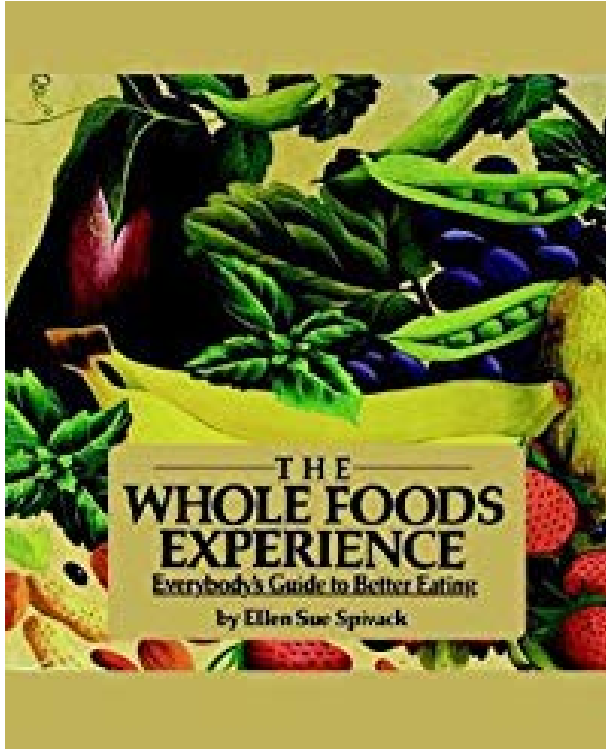


# Whole Foods Experience



<b>Author:</b>	Ellen Sue Spivack
<b>Goodreads Rating:</b>	3.00
<b>Pages:</b>	252
<b>ISBN13:</b>	9780894960420
<b>Genre:</b>	Nonfiction
<b>Language</b>	English
<b>Published:</b>	April 2nd 1982 by Ross Books
<b>ISBN10:</b>	0894960423

[Whole Foods Experience.pdf](#)

[Whole Foods Experience.epub](#)

"Put it next to Spock and Davis. The Whole Foods Experience is a good deal more than good fun...it's everything you've ever wanted to know about getting your kids to eat what's good for them. Must reading for mothers." - Francis Goulart, author of "Eating To Win" "Ellen tells us exactly and simply how to preserve the naturalness and flavor without making a lot of work out of it...Simple, straightforward, direct, persuasive without arm-twisting; I like that." - Hindenlt Smith, pediatrician/author "Feed Your Kind Right"

\*\*\*\*\* Tired of processed foods? Get Back To Basics With the Whole Foods Experience If you've been thinking about making the transition to whole foods, this is the book for you. A simple, refreshing guide, The Whole Foods Experience includes everything from Nutritious Nibbling to Hearty Dinnertime Recipes, with special sections on whole foods for a baby, alternative eating for the hyperactive and the allergic, and a comprehensive listing of resources and referrals. Delicious recipes make this a must even for those who have already entered the exciting world of whole foods.