



Food and Diet in the UK: 271 (Issues)

Cara Acred

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Concerns surrounding food and diet in the UK are increasing by the day; obesity rates are rising, sugar is the new public enemy, children are unaware that milk comes from cows and many people are simply not financially able to eat a healthy, nutritious, diet. This latest book from the Issues series explores these controversial topics and considers the steps we can take to achieve a healthier and more nutritionally balanced lifestyle.

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