

“If you want to know exactly what’s lurking in the packaged food you eat, what chemicals are used to try to convince you that fake food is “real” —or if you just want the skinny on how to cook with fabulous fats, you cannot afford to overlook this book! A must-read for all who care about what goes into their own and their family’s bodies. And I hope that means everyone!”

— Dr. Helayne Waldman, co-author of *The Whole Food Guide for Breast Cancer Survivors*

“Mira Dessy’s book, *The Pantry Principle* is a real gem! If you eat, this book is a must-read —so you really know what’s in your food. It is a user-friendly, comprehensive, well-researched and eye-opening resource. I look forward to recommending it to all my clients!”

— Trudy Scott, Food Mood Expert and Nutritionist, author of *The Antianxiety Food Solution*

“I’ve often griped that making healthy decisions in the grocery store requires a degree in food science to navigate misleading and confusing food labels. No longer! Mira Dessy has demystified the nutritional maze. But reader beware: only read this book if you truly want to know what’s in your food!”

— Margaret Floyd, NTP CGP CHFS, author of *Eat Naked and The Naked Foods Cookbook*

**F**rom the days of hunter-gathers to modern shoppers attempting to decipher the complexity of products on food shelves today, the way we procure our food has changed dramatically. But our need for proper nourishment remains the same. Processed food, fast food, adulterated, and chemically enhanced foods make navigating the stocking of our pantries with healthy foods a truly mystifying chore.

Many of us don’t know where this food comes from, and we don’t know what’s really in it. Most people who walk into a grocery store think that all of the edible-appearing products on the shelves are food. The truth is that



many of them are not! Many of these items contain ingredients that have the potential to be harmful.

This book will help you take back control of your pantry and your food source.

Mira Dessy, BFA, NE, is a Nutrition Educator specializing in helping people eat well to be well using the concepts of bio-individual, whole food nutrition.

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