



truth, lies & chocolate

99 Facts and Fairytales About Food

Julie Meek

Truth, lies and chocolate

It's about time someone got frank with us. With the multi-million dollar weight loss industry still cashing in, something isn't working.

Perth's Julie Meek has more than 17 years' experience as an accredited dietician and has seen it all – now she's written a book answering the most frequently asked health questions.

Over the 99 facts and fairytales about food, Julie covers topics such as chocolate (it's number one, apparently people like it), diet soft drinks, butter versus margarine and whether eating carbohydrates after 5pm will turn you into a blimp.

All the information provided is thoroughly researched so whether you like it or not, Julie's advice is spot on the money.

Her easy-to-understand and humorous manner helps the digestion of hard truths, so anyone seeking the real story on weight loss and general health will benefit from this read.

To buy or find out more, visit truthliesandchocolate.com.