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Lire des ebooks Et maintenant, on mange quoi? Christophe Brusset PDF, ePub, mobi, Trois ans après le succès de son best-seller, *Vous êtes fous d'avaler ça!*, Christophe Brusset poursuit son combat contre les dérives du food-business. Avec le même sens de l'humour et des anecdotes toujours aussi étonnantes, il dénonce la généralisation de la malbouffe industrielle ainsi que les dégâts provoqués en termes de santé publique. Fort de son expertise, il vous explique comment éviter les principaux pièges tendus par les fabricants et leurs lobbies, mais aussi par la grande distribution et ses as du marketing. Après avoir levé le voile sur la valse des étiquettes, des labels et autres appellations plus ou moins sérieuses, Christophe Brusset vous accompagne rayon par rayon dans les méandres de votre supermarché. Des produits frais aux denrées du petit-déjeuner en passant par les plats surgelés, il multiplie les conseils et les mises en garde. Grâce à son guide de survie en grande surface, vous ne ferez plus jamais vos courses les yeux fermés! «Une boussole indispensable pour manger sain sans se ruiner et survivre dans la jungle de la malbouffe!»

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