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## **Buy Right Eat Right Feel Right** Herb Pogoda

Based on over 40 years of experience in the Food Service Industry, Herb Pogoda's BUY RIGHT • EAT RIGHT • FEEL RIGHT is the essential guide to Nutrition Facts, Buying Fresh Groceries, Food Storage, Cooking Ideas and sometimes surprising Information about the Fruits, Vegetables, Meat, Fish and other foods you buy and serve every day. If you're new to shopping and cooking, need to Save Money without sacrificing quality, or want to choose the Freshest, Healthiest Foods, BUY RIGHT • EAT RIGHT • FEEL RIGHT is your Indispensible Eating Companion.

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