

Download The Truth About Food And Health

People sometimes ask me if I can recommend a good dry cat food, but I cannot. Dry food — kibble — is the worst possible food you can feed to your cat. Years ago, I made the decision to quit a high paying job at a very famous company where I was a Research and Development Food Process Development Engineer. What we eat has a crucial impact on our health. That's why our doctors, nurses, and dietitians are passionate about cooking and eating wholesome food for a healthier life. Search Harvard Health Publishing. What can we help you find? Enter search terms and tap the Search button. Both articles and products will be searched. - The Truth About Food And Health