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LOCAL AUTHORS WRITE SURVIVAL GUIDE FOR TODAY'S FAST-FOOD WORLD
Real People Need Real Food Helps Families Make Healthy Eating Choices

BOSTON -- Two local dieticians have written a book for families struggling to make healthy eating and lifestyle choices in today's fast-paced, fast-food world. The book, *Real People Need Real Food*, written by Laura Einbinder and Kate Scarlata, is a survival guide for families who want to eat healthy, but whose lifestyles don't always make it easy.

"Today's families have enough trouble finding time to eat together, let alone eat according to nutritional guidelines," says co-author Kate Scarlata. "Between work, school and the dozens of other things going on in our lives, it's hard not to be tempted by packaged foods and drive-through windows. In the end, however, we pay for the convenience with poor health and fatigue."

Following the adage, "You Are What You Eat," *Real People Need Real Food* shows families how they can create a healthy lifestyle that works with their busy schedules without adding to them. Chock full of tips, recipes, and personal anecdotes, it teaches readers how to

- Decipher food labels and current scientific research to know what's valuable information and what's simply "hype"
- Choose the right nutritional supplements
- Streamline meal planning to save valuable time at the grocery store and in the kitchen
- Eliminate mindless eating for better weight management
- Enjoy exercise as a pleasurable family activity

In addition to forty combined years of experience in the field of health and nutrition, Einbinder and Scarlata are each mothers of three children, and much of the advice contained in the book is culled from their own personal experiences raising busy kids.

“Our goal isn’t to make more work for families,” says Einbinder, “but to help them make their busy lives more balanced. All it takes is a few changes to feel more energetic and healthier overall.”

Real People Need Real Food – A Guide To Healthy Eating For Families Living In A Fast Food World is available at Barnes and Noble.com and Amazon.com.

Real People Need Real Food-A Guide to Healthy Eating for Families Living in a Fast Food World

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