Art Fest by the Sea

Thursday, March 7th, 2013 – Sunday, March 10th, 2013
10am-5:30pm
Located at AIA in Juna Beach between Donald Ross and Marincindi Roads
Free Admission
For more information call 561-620-4665
www.ArtFestbytheSea.org

The Palm Beach Post
TUESDAY, MARCH 3, 2015

Food labels

As consumers, we’ve become more discerning about the quality of foods we buy at the supermarket. But too often we don’t find the information we need on the labels that are supposed to provide full details. Your TV dinner, bag of chips, or frozen pizza could be chock-full of preservatives, sugar, fat, and calories. Food labels reveal this — snails.

Snail kites (at left) are a type of hawk that feed mainly on — you guessed it — snails.

Snail kites are raptors of the wetlands. They pluck small insects and lizards from the tops of trees to eat.

Swallow-tailed kites are raptors of the wetlands. They pluck small insects and lizards from the tops of trees to eat.

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Sugar rush

The Kitchen Counselor explores the whims of a child’s sweet tooth and reveals how he’s learned to trick it into sanity.

Sugar has been implicated in the development of heart disease, type 2 diabetes, and obesity, yet the average American consumes over 150 pounds of sugar a year.

Sugar Intake

It’s hard to find a can opener in the produce aisle, especially when producers use so many unregulated terms on their labels.

Sugar is a potent drug that stimulates the pleasure centers of the brain, causing impulsive behavior.

Selling tomorrow

Buying high-quality meat means not cheating customers, especially when producers use so many unregulated terms on their labels.

What’s Liz got cooking?

A sneak preview of tomorrow’s Food & Accent section, from Food Editor Liz Balmaseda

OUT TODAY

Steve Carell in “Foxcatcher.”

Steve Carell was an Oscar nominee for his role as John Eleuthère duPont in “Foxcatcher.”

SONY PICTURES CLASSICS

Sneak peek at tomorrow’s Food & Accent section.

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