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The British National Bibliography Arthur James Wells,2009

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Nutrition and You Joan Salge Blake,2012 With a new Consumerism chapter enhanced art and photos and timely updates this Second Edition of Nutrition and You personalizes nutrition helping you make healthy nutrition choices and encouraging you to become an informed consumer of nutrition information Throughout each vitamin and mineral are introduced in self contained spreads called Visual Summary Tables that help you learn to identify the key aspects of each nutrient at a glance You re encouraged to relate the science of nutrition to your own dietary habits helping you to separate fact from fiction and to distinguish high quality nutrient sources from those of lesser quality After reading this book you ll know to think critically about information sources and the claims made in the popular press and online The MyPlate Edition features a write to fit update so that you have the latest nutrition information right within your book New information includes the new MyPlate graphic which replaces the former MyPyramid the 2010 Guidelines and the new Dietary Reference Intakes

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