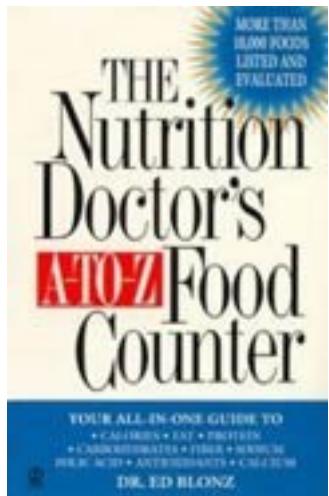


The Nutrition Doctor's A-to-Z Food Counter (平裝)



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著者:Ed Blonz

出版者:第1版 (1999年1月1日)

出版时间:1999年1月1日

装帧:平装

isbn:9780451195876

The most comprehensive calorie guide available, THE A-Z FOOD COUNTER is a complete nutritional evaluation of more than 10,000 foods, listing calories, fat, protein, carbohydrates, fiber, and sodium. Foods high in folic acids, antioxidants, and calcium are highlighted to help guide the health-conscious person to the best possible foods. It also includes a state-of-the-art reference guide, and recommendations from an authoritative nutritionist on how to eat wisely and well.

Height (mm) 173 Width (mm) 107

作者介绍:

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