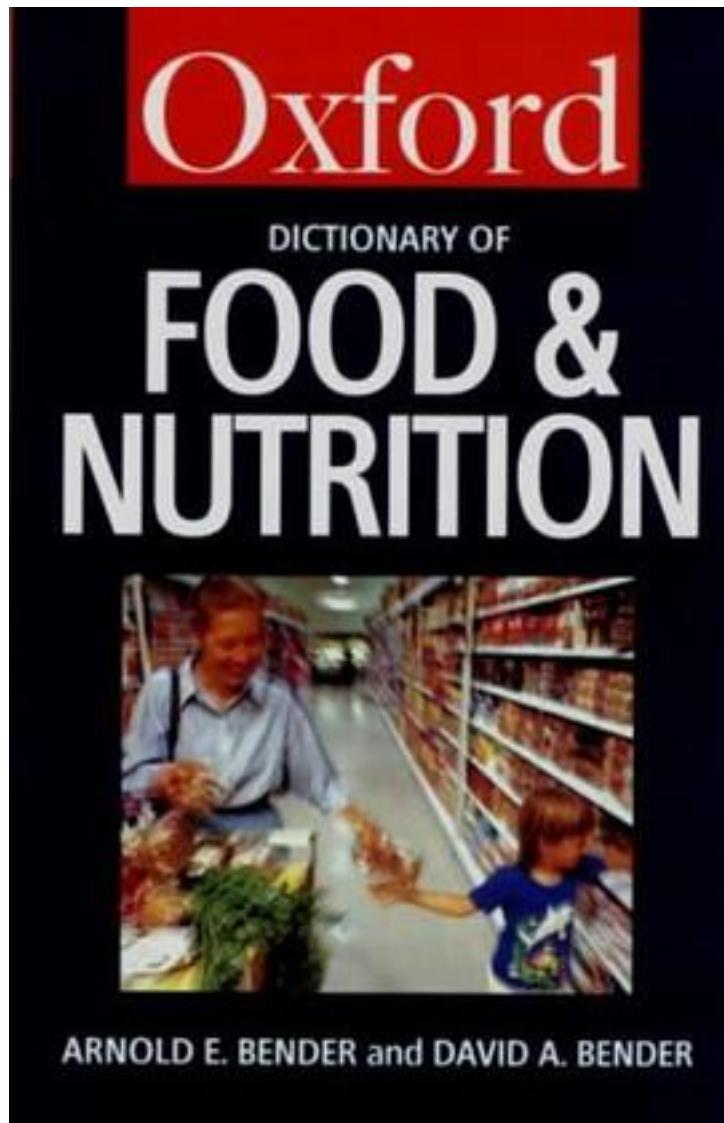


A Dictionary of Food & Nutrition (Oxford Paperback Reference)



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This dictionary is ideal for anyone who enjoys food and would like a handy, non-technical guide to the terms they encounter on food labels, in advertising, or in the media. With 6,000 entries on all aspects of food and nutrition, it covers a wide range of foods and dishes as well as offering clear guidance on which foods are good sources of the major nutrients.

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