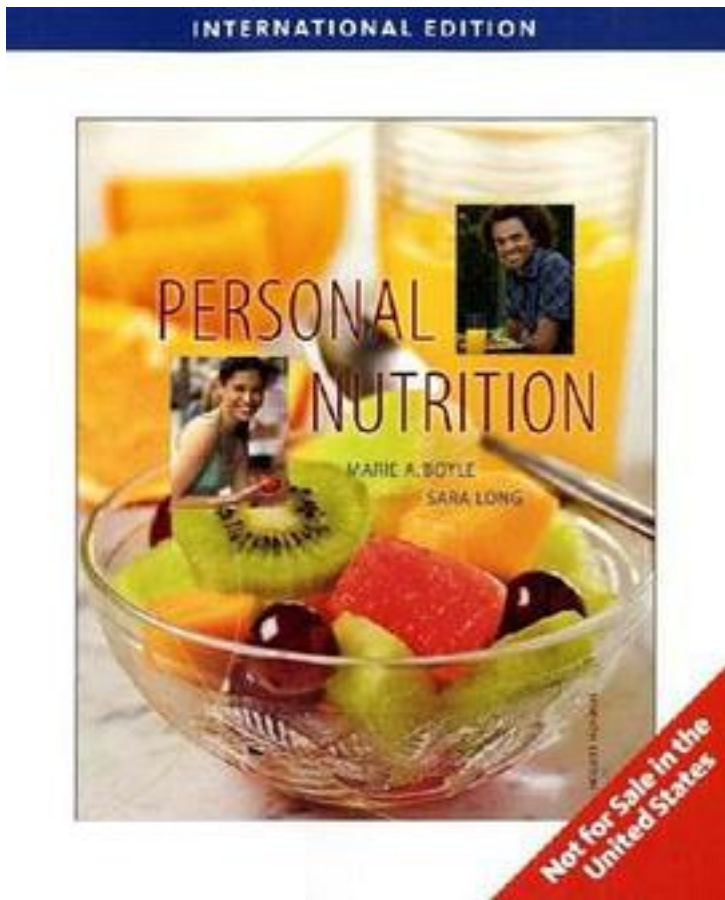


# Personal Nutrition



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出版者:Delmar Learning

出版时间:2009-02-01

装帧:Paperback

isbn:9781439030356

PERSONAL NUTRITION, 7e, International Edition helps you acquire the skills and knowledge you need to become a savvy evaluator of the nutrition issues and controversies you will encounter throughout your life. Presented in a vibrant design with clarifying figures, many photos, and cartoons, this popular, concise book is

infused with the authorsA friendly writing style and filled with enjoyable, practical features and activities. Authors Marie A. Boyle and Sara Long keep pace with the rapidly changing field of nutrition with timely coverage of the latest findings and trends, and they help you use what you learn to enhance your personal nutrition and health.

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