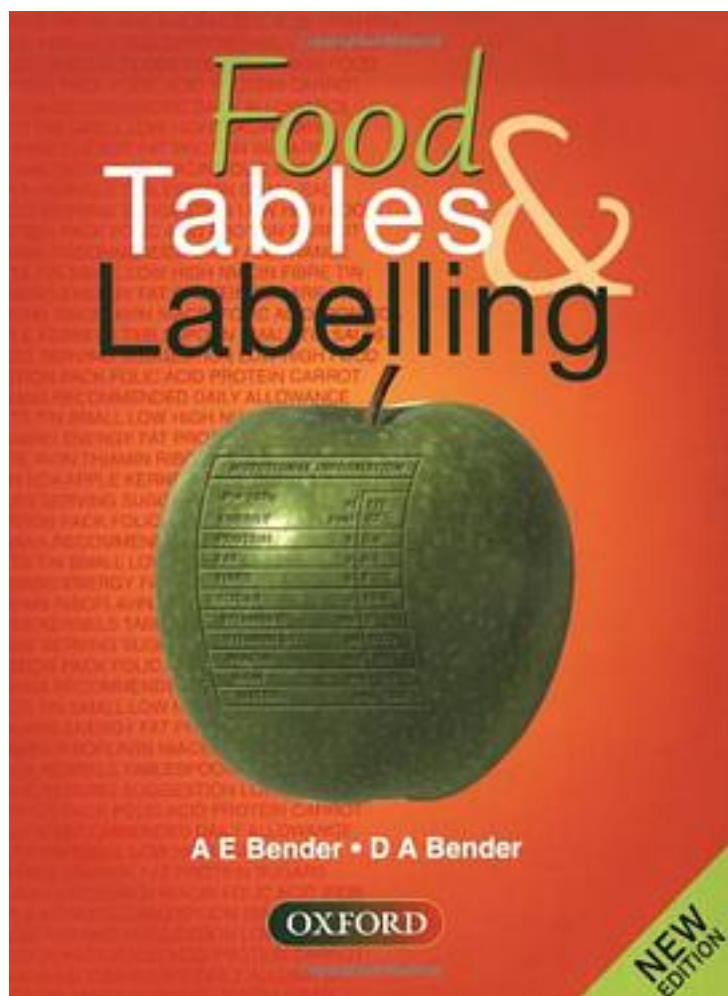


Food Tables and Labelling



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This title is a combined edition of "Food Tables" and "Food Labelling". It contains detailed analyses of the energy and nutrients - fats, carbohydrates, fibre, protein,

vitamins and minerals - in over 800 fresh and processed foods and drinks, from raw vegetables to fast-food take-away meals. It also provides an explanation of what these terms mean, and how to understand the labels. These tables should be of value to teachers, college students and school pupils, from Key Stage 3 of the National Curriculum through GCSE, A-Level, and NVQ, to GNVQ, Diploma, and degree courses. They may be used to support work in home economics, food technology, chemistry, biology and other subjects that involve nutrition and food science. The tables and explanatory notes are arranged in six sections: the need for food - energy and protein requirements; the need for food - vitamins and minerals; the nutrient content of foods; food labelling - height, weight and growth; miscellaneous tables, including equivalence of metric, imperial and household measures, and equivalence of temperatures.

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