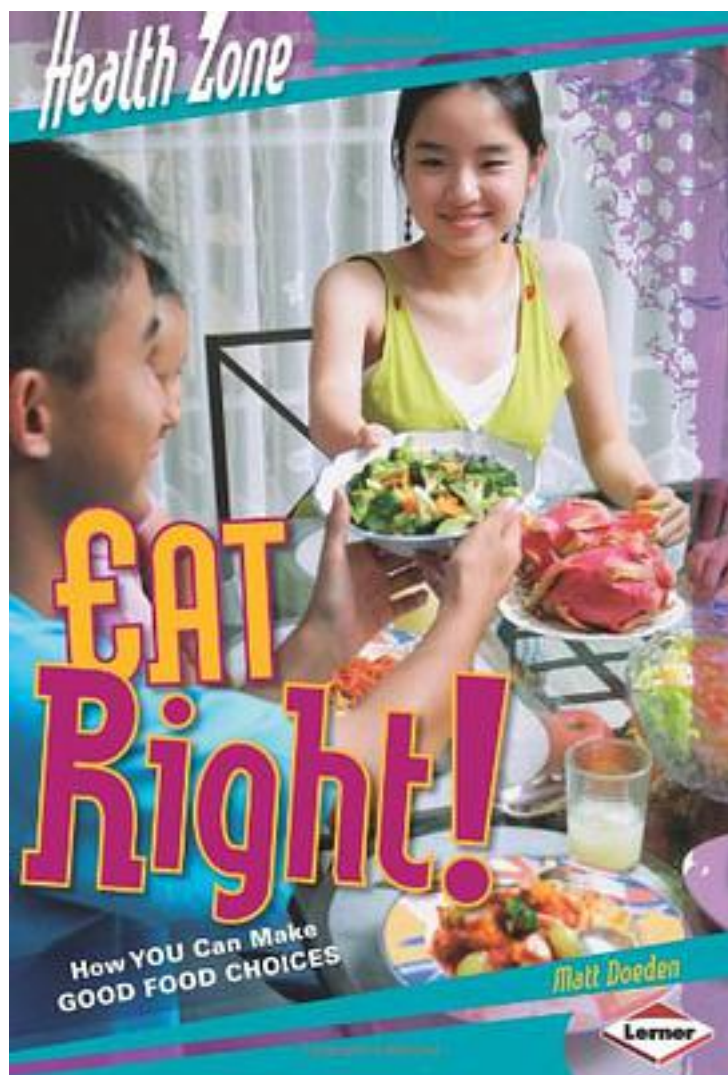


Eat Right!



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出版者:

出版时间:2008-9

装帧:

isbn:9780822575528

Eat your veggies Stay away from sweets You've heard it all a million times before. But why is eating right important? What's the best nutrition plan for you? And what can happen to your body if you don't get the nutrients you need? Explore the answers to these questions and learn how to make good choices when it comes to your diet.

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