

Keys to Healthy Eating Anatomical Chart in Spanish



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One of our most popular charts has now been translated into Spanish! This informative and completely updated chart covers all the major topics for good nutrition and health. It contains excellent descriptions of fats, types of cholesterol, carbohydrates (including the Glycemic Index), protein, and fiber. A table of the benefits and sources of vitamins for various life stages is included. The chart provides visual comparisons of portion sizes of food with other common items (e.g., a cup of pasta is about the size of a tennis ball). Other features include a step-by-step guide on how to

read a food label and information on the latest food pyramid.

作者介绍:

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