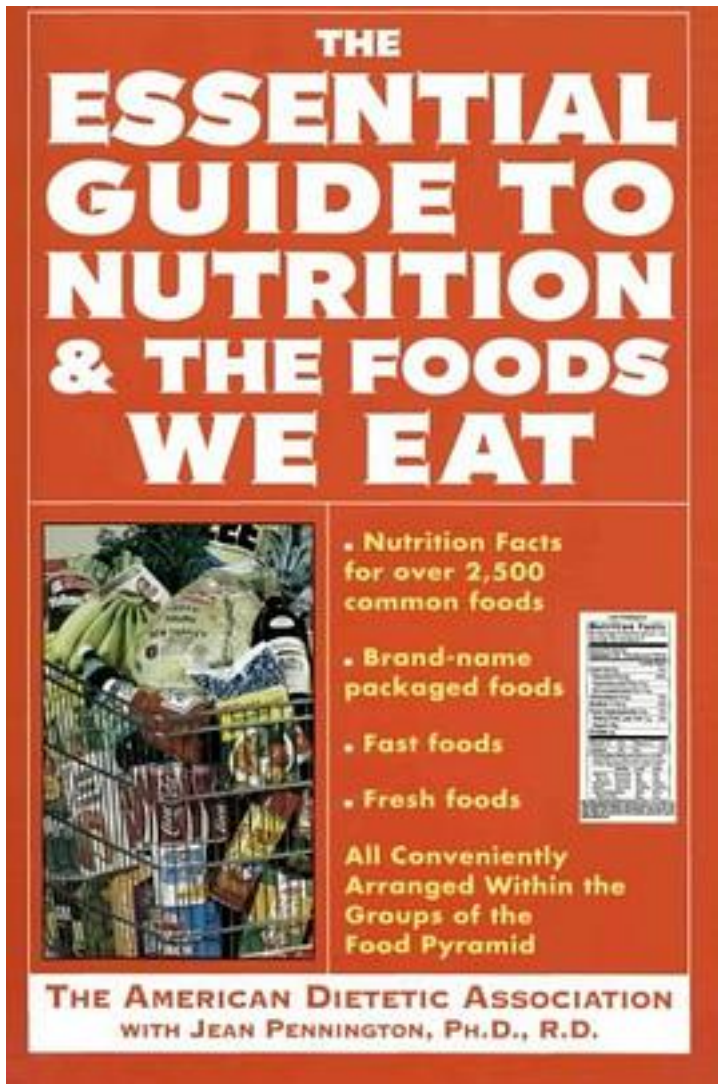


# The Essential Guide to Nutrition and the Foods We Eat



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著者:American Dietetic Association

出版者:

出版时间:1999-8

装帧:

isbn:9780062733467

From The American Dietetic Association Getting the most out of your daily nutritional intake... Finding where foods fit in the food guide pyramid... Comparing food labels...  
...all in easy-to-read tables of the nutrients in 2,500 common foods we eat The Essential Guide to Nutrition and the Foods We Eat provides the nutritional values for 2,500 common foods. Brand-name packaged foods, fast foods, fruits, and vegetables are all included in this essential guide to America's favorite foods. In easy-to-read tables, every shopper can compare foods and brand names for calories, fat, sodium, and so much more.

作者介绍:

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