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ISBN 0-07-057439-9

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# NUTRITION ALMANAC

## COVERING DETAIL

- NUTRIENTS AND HEALTH
- SOURCES OF CALORIES
- NUTRIENTS AND HOW THEY FUNCTION TOGETHER
- AGE-RELATED, PHYSICAL CONDITIONS, AND NUTRITION
- HERBS
- FOODS, BEVERAGES, AND SUPPLEMENTARY FOODS
- REWARDS AND UPDATED TABLE OF FOODS
- ESSENTIAL AMINO ACIDS CONTENTS OF FOODS
- NUTRIENT REQUIREMENT CHART
- DIET ANALYSIS

BETTER LIFE THROUGH BETTER NUTRITION

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**JL Elias**



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