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KJ Lindholm-Leary



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effectively with your family You will not only gain the confidence in knowing you re speaking or writing well but you ll also make a good impression on those around you *The Illustrated American* ,1890 Nutrition For Dummies Carol Ann Rinzler,2003-11-21 Do you want fries with that You probably know the right answer to that question from a nutritional standpoint In fact if you re among the 60% of Americans who are overweight you probably know that you should forgo the burger too But good nutrition isn t just about eating less it s about eating right whether you weigh in at 95 or 295 A perennial favorite Nutrition for Dummies 3rd Edition is packed with practical sensible advice on healthy eating cutting calories and finding a good nutritional balance Balance is the key word This book helps you make wise food choices and maintain a healthy weight and lifestyle You ll discover how to Interpret nutritional labels and distinguish good fat from bad Preserve nutrients when cooking Meet your nutritional needs if you are a vegetarian or a vegan Eat smart when you re eating out Select a weight loss plan that works Written by Carol Ann Rinzler the author of 20 books on food and health including Nutrition for Dummies and Controlling Cholesterol For Dummies this classic guide has been extensively updated over 25% of the material is new and covers the latest information on nutrition including The lowdown on fat and cholesterol New information on genetically engineered foods and biotechnology Clarified Dietary Guidelines for Americans including an updated list of the Recommended Dietary Allowances RDAs The scoop on energy drinks and trans fats Complete with a list of superstar foods ten easy ways to cut calories and great Web sites loaded with nutritional information Nutrition for Dummies 3rd Edition tells you what you need to know to eat healthier at home or on the go **The Official Organ** ,1889

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