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Understanding Nutrition -
Eleanor Whitney, Sharon
Rady ...
Understanding Nutrition
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very general, step-by-step
overview of the

fundamentals of nutrition. The majority of the tables, figures etc. are the same as the ones found in the newer edition, simply in an older format, although there have been a couple new figures added to the newer edition and the chapter on the food pyramid was revised completely.

Understanding Nutrition
10th Edition

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presents the fundamentals
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life cycle nutrition.

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by Ellie Whitney

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and also the subsequent
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lifestyles – describing
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