

Nutrition Essentials A Personal Approach

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Nutrition Essentials: A Personal Approach; has a consumer-oriented focus, providing practical tips for applying concepts such as ways to prepare foods to make them safer and healthier, and ways to become a savvy consumer of nutrition-related information.

Nutrition Essentials: A Personal Approach

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Description. Nutrition Essentials: A Personal Approach is the nutrition book that is all about YOU! The personalized, consumer focus gives plenty of practical examples to help students learn about choosing foods and making decisions that are good for their health.

Nutrition Essentials: A Personal Approach

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