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A Reference for the Rest of Us!

by Carol Ann Rinzler

Author of the Critically Acclaimed The Complete Book of Food



The Fun and Easy Way to Maintain a Healthy Diet and Lifestyle

Your First Aid Kit for Understanding Metabolism, Calories, Fat Grams, and More!

Nutrition Myths and Mistakes to Avoid - Explained in Plain English

Nutrition For Dummies

RJ Shavelson



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