

# THE RATE-YOURSELF PLAN FOR BETTER NUTRITION

## NutriScore

Ruth Fremes & Dr. Zak Sabry

You are 7 days away from a  
balanced, healthy diet — without  
eliminating your favorite foods!



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vitamin E, multivitamins, food additives,  
fad diets, weight-loss clubs, supermarket  
shopping, restaurant eating, processed foods  
and more . . .

# Nutriscore The Rate Yourself Plan For Better Nutrition

**Lei Huang**



## **Nutriscore The Rate Yourself Plan For Better Nutrition:**

**NutriScore** Ruth Fremes,Zak Sabry,1976      **NutriScore [text (large Print)] : the Rate-yourself Plan for Better Nutrition** Ruth Fremes,Zak Sabry,1984      **Journal of the Canadian Dietetic Association** Canadian Dietetic Association,1987      **The Publishers Weekly** ,1981      *Nutrition Reviews* ,1977      Publishers Weekly ,1976      **Journal of the American Dietetic Association** ,1977      Health Maintenance Through Food and Nutrition Helen D. Ullrich,1981  
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Abstract Principles of nutrition science guidelines for food choices and techniques for assessing nutrition information are the focuses in this second edition Explanations are based on general biology readers do not need a chemistry background Chapters contain accepted information on nutrition but controversial issues also are included Evidence is presented for and against current nutritional claims such as the relationship of additives allergies or sugar to hyperactivity The harm caused by infant formula to babies in developing countries and trusting your doctor for nutritional advice are other examples of nutritional controversies Chapters include foodfeatures which relate nutrition information to practical suggestions for shopping eating out in restaurants and food preparation Self study assignments allow readers to evaluate their own diet In addition to basic nutrition information food labeling additives and nutrition throughout the life cycle are discussed  
Appendices include standard food tables information on crude fiber content of foods and cholesterol and P S ratios of food rm

*Reviewing Journal of Canadian Materials for Young People* ,1982      **Subject Catalog** Library of Congress,1982  
Canadiana ,1984      **National Union Catalog, 1982** ,1983      **The Canadian Who's who** ,1995      *Coaching Science Update* ,1979      *Paperbound Books in Print* ,1984      Medical Books and Serials in Print ,1984      **Canadian Books in Print** ,1985

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