

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!



Answers your questions on:
fasting, alcohol, vegetarianism, vitamin C,
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

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NutriScore Ruth Fremes,Zak Sabry,1976 **The Publishers Weekly** ,1981 **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 **Nutrition Reviews** ,1977 **Publishers Weekly** ,1976 **Journal of the American Dietetic Association** ,1977 Library Journal ,1976 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *Health Maintenance Through Food and Nutrition* Helen D. Ullrich,1981 Approximately 1400 references to journal articles books pamphlets leaflets reports teaching aids journals and organizations Classified arrangement Each entry gives bibliographical information and annotation Author title subject indexes **Canadian Book Review Annual** ,1983

Nutrition, Concepts and Controversies Eva May Nunnelley Hamilton,Eleanor Noss Whitney,1982 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 National Union Catalog ,1982 Includes entries for maps and atlases **National Union Catalog, 1982** ,1983 **Subject Catalog** Library of Congress,1982 **The Canadian Who's who** ,1995 **Subject Catalog, 1982** Library of Congress,1982 National Union Catalog Library of Congress,1979 Includes entries for maps and atlases Reviewing Journal of Canadian Materials for Young People ,1982 Grain & Feed Journals/Farm Service Centers ,1977 **Paperbound Books in Print** ,1984

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