

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 **Journal of the Canadian Dietetic Association** Canadian Dietetic Association,1987 **NutriScore [text (large Print)] : the Rate-yourself Plan for Better Nutrition** Ruth Fremes,Zak Sabry,1984 Publishers Weekly ,1976 *Nutrition Reviews* ,1977 **Journal of the American Dietetic Association** ,1977 **Nutrition, Concepts and Controversies** Eva May Nunnolley 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 **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

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