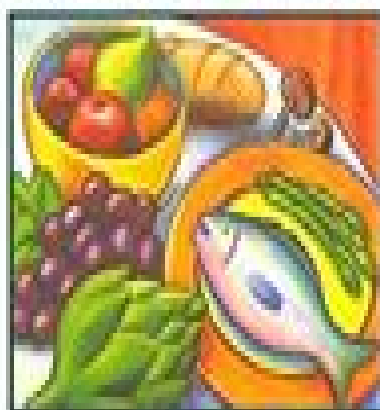


# Nutrition for Women

THE COMPLETE GUIDE



Elizabeth Somer, M.A., R.D.

FOREWORD BY BARBARA S. HARRIS,  
EDITOR IN CHIEF, *SHAPE* MAGAZINE

# **Nutrition For Women The Complete Guide**

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