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Nutrition Food Facts (Quick Study Health)



Synopsis

Easy-to-use tool for making your body & mind feel and work great. A handy yet detailed breakdown of what your body needs and the specifics of how food, and what it is made of can help or hinder you and all of your body functions. Tables show the nutritional breakdown of specific foods and what is required at what age and gender, all in 6 laminated pages. Suggested uses:
Personal Fitness
achieve optimum performance from your body
Dieting
no high priced diet, just eat using these guidelines
Businesses
HR professionals, nutritionists, insurance companies, Doctors, gyms and health-focused grocers could provide free or custom guides to customers to promote good health for the individual or a company

Book Information

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Average Customer Review: 5.0 out of 5 stars 1 customer review

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Customer Reviews

Easy to read format. Condensed info. Sturdy, waterproof sheet. This went right into my recipe binder in front of my collection of food storage recipes so I can make sure my planning for nutritious meals is accurate.

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Income, Food ... Truck Startup, Food Truck Business Plan,) Food Politics: How the Food Industry Influences Nutrition and Health (California Studies in Food and Culture) Krause's Food & the Nutrition Care Process, 14e (Krause's Food & Nutrition Therapy) Toddler Diet: Nutrition and Balanced Diet for Toddlers(toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for children,toddler recipes,baby food recipes) Toddler Diet: Nutrition and Balanced Diet for Toddlers(toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for ... recipes,baby food recipes) (Volume 1) Krause's Food & the Nutrition Care Process - E-Book (Krause's Food & Nutrition Therapy) 30 Day Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes; Pictures, Serving, and Nutrition Facts for Every Recipe! Fast and Easy Approved Whole Foods Recipes for Weight Loss 30 Day Whole Food Slow Cooker Challenge: Over 200 Proven Whole Food Slow Cooker Recipes with Pictures for Every Recipe, Nutrition facts and an Easy to Follow 30-day Diet Plan to Lose Weight easily. 30 Day Whole Food Cookbook Challenge: Over 200 Proven Whole Food Slow Cooker Recipes with Pictures for Every Recipe, Nutrition facts and an Easy to Follow 30-day Diet Plan to Lose Weight easily. Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Bundle: Nutrition for Health and Health Care, Loose-leaf Version, 6th + MindTap Nutrition, 1 term (6 months) Printed Access Card Bundle: Nutrition for Health and Health Care, Loose-leaf Version, 6th + LMS Integrated for MindTap Nutrition, 1 term (6 months) Printed Access Card Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Food And Nutrition At Risk In America: Food Insecurity, Biotechnology, Food Safety And Bioterrorism 101 Facts... Stan Lee: 101 Facts About Stan Lee You Probably Never Knew (facts 101 Book 7) Game Of Thrones:101 Facts You Didn't Know About Game Of Thrones,The Complete Unoffical Guide! (game of thrones book 6 release date, 101 facts, TV, Movie, ... Adaptations,Trivia & Fun Facts, Trivia) Electric Pressure Cooker: Superfast Pressure Cooker Recipes - Healthy, Delicious, Quick and Easy Meals (Nutrition Facts, Instant Pot, One Pot, Power Pressure)

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