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Nutrition 1 - Carbohydrates, Proteins and Fats

The Power of Plant-Based Eating | Dr. Joanne Kong | TEDxUniversityOfRichmond My TOP Book Recommendations I completed the T.Colin Campbell plant based nutrition course Plant Based Nutrition: Julieanna Hever at TEDxConejo 2012

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Wardlaws Contemporary Nutrition 10th Edition

This marks the tenth edition of Wardlaw ' s Contemporary Nutrition. As in previous editions, we have written it to help you make informed choices about the food you eat. We will take you through explanations of the nutrients in food and their relationship to health but will also make you aware of the multitude of other factors that drive food choices.

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D. Consume foods that have the most nutrition for their kilocalories. Blooms Level: 1. Remember Learning Outcome: 02.01 Use variety, proportionality,and moderation, as well as nutrient and energy density, to develop a healthy eating plan. Section: 02.01 A Food Philosophy That Works Topic: Nutrition basics 6.

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