



## Nutrition Food Facts

By R.N. Julie Henry

Barcharts, United States, 2015. Poster. Book Condition: New. Student. 279 x 216 mm. Language: English . Brand New Book. 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.



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