



382

Calories

73g

Carbohydrate

21g

Protein

23

Vitamins & Minerals



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Pro Nutrition Guide

Robert R. Redfield



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Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information Center (U.S.),1976

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Catalog Food and Nutrition Information Center (U.S.),1974 *Federal Information Sources and Systems* ,1980 Includes subject agency and budget indexes

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authentic experiences beyond typical tourist routes Unlike typical travel guides this book doesn't pretend Norway is cheap it helps you understand why it's worth every krone With humor honesty and practical guidance this guide prepares you for an unforgettable journey through one of the most beautiful countries on Earth Whether you're a first time visitor adventure traveler solo explorer or curious global traveler this guide will help you experience Norway with confidence perspective and plenty of laughs along the way Welcome to Norway where the landscapes are epic the culture is fascinating and the memories are priceless

Nutrition and Fitness Manual Ryerson Polytechnical Institute. Library. Nutrition Information Service, 1983 Intended for use by fitness instructors coaches nutritionists and other program leaders this five section manual covers topics ranging from curriculum guides for elementary school children to dietary regimes used by professional athletes The role of nutrients and the use of Canada's Food Guide are reviewed briefly in the first section Relationships between nutrition and fitness related lifestyle factors and health status are summarized in section 2 The third section provides an overview of energy balance as it specifically relates to weight control diet and exercise are considered The effects of nutrition on athletic performance are examined in section 4 Each of these four sections is referenced and supplemented by recommended reading lists The fifth section provides additional recommended background references Material is classified by the type of resource curriculum guides teaching aids and audiovisuals periodicals and organizations JD

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