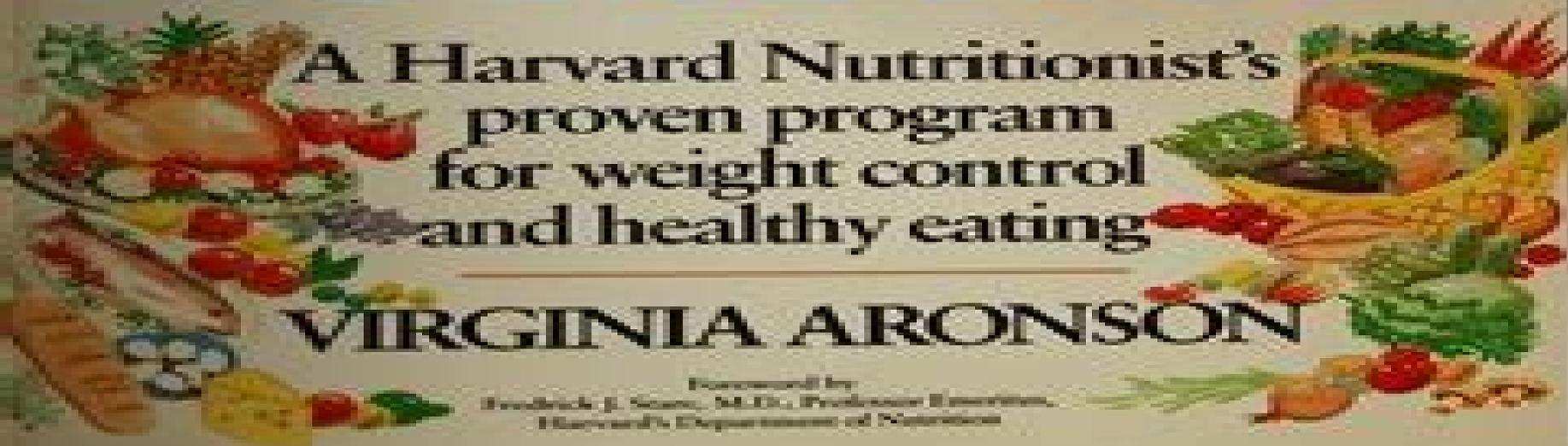


# THIRTY DAYS TO BETTER NUTRITION

A Harvard Nutritionist's  
proven program  
for weight control  
and healthy eating

VIRGINIA ARONSON

Foreword by  
Frederick J. Stare, M.D., Professor Emeritus,  
Harvard's Department of Nutrition



# Thirty Days To Better Nutrition

**Jin-Ying Zhang**



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