

NUTRITION FOR LOSING WEIGHT



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DP Hallahan



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Guidebook for Nutrition Counselors Virginia Aronson, Barbara Danielson Fitzgerald, Lynn Vincent Hewes, 1990

Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.), 1975 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index

Nutrition Guide for Professionals Margaret A. Powers (RD.), 1988 Abstract This publication is intended to provide guidance concerning diabetes nutrition care The guide emphasizes the need to individualize diabetic meal planning and expands the description of meal planning to include alternatives to the exchange system The exchange system however is the model diabetic diet and receives special attention in this publication Objectives and activities to be used when teaching the use of the exchange lists for meal planning are outlined The complete nutrient composition data base

that was used to develop the 1986 Exchange Lists is included *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.),1976

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The Dental Hygienist's Guide to Nutritional Care Cynthia A. Stegeman,Judi Ratliff Davis,2005 This text covers the basics of nutrition then goes beyond to examine current revelant topics specific to different life stages and states of health You ll learn how to assess your clients eating habits and teach them how proper nutrition can improve both oral health and overall fitness Case studies are used throughout to demonstrate how concepts can be applied to

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