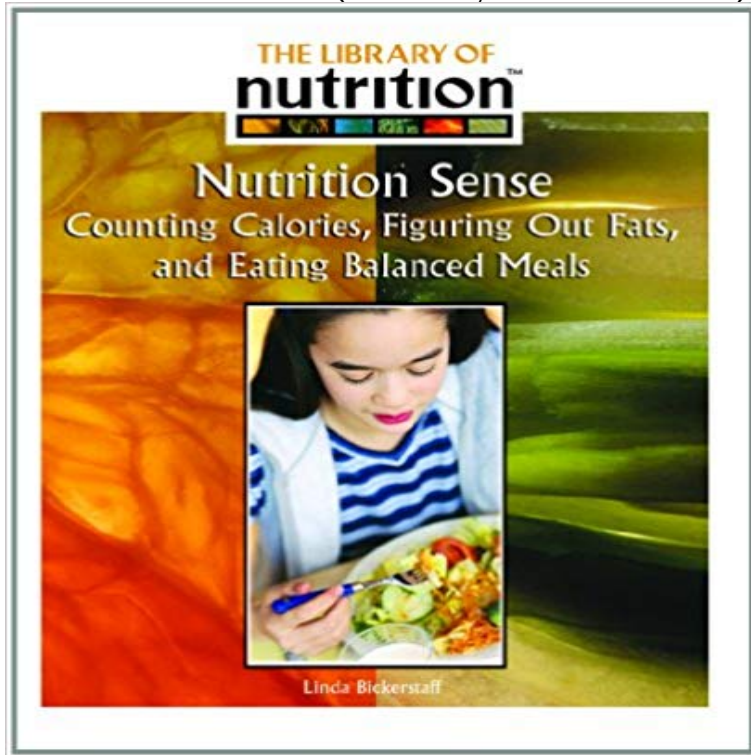


# Nutrition Sense: Counting Calories, Figuring Out Fats, And Eating Balanced Meals (Library of Nutrition)



Discusses the role of nutrients, calories, proteins, carbohydrates, and fats in a healthy diet. Title: Nutrition Sense Author: Bickerstaff, Linda Publisher: Rosen Pub Group Publication Date: 2004/11/01 Number of Pages: 48 Binding Type: LIBRARY Library of Congress: 2004014861

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