

Nutrition



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(Jaeden Stiedemann Sr.)

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Spark Notes, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book. SparkCharts(TM) The information you need-concisely, conveniently, and accurately. Created by Harvard students for students everywhere, these study companions and reference tools cover a wide range of college and graduate school subjects, from Business and Computer Programming to Medicine, Law, and Languages. They ll give you what it takes to find success in school and beyond. Outlines and summaries cover key points, while diagrams and tables make difficult concepts easier to grasp. This four-page chart covers: CarbohydratesLipidsProteinOther NutrientsDigestion and Absorption in the Digestive TractCalorie GuidelinesVitamins and MineralsWeight Excess and ObesityDieting.

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