

A Whole Foods Primer - Beatrice Trum Hunter

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A Whole Foods Primer demonstrates the wisdom of selecting whole foods for optimal intake of the nutrients essential for good health. In this book, readers will learn about the basic nutritional components of each whole food group and their specific functions and beneficial roles in the body. The text presents nutrient profiles and surprising facts about some hundred whole foods, their historical uses as food and medicine, and the latest research that identifies their health-bestowing qualities. Author: Hunter, Beatrice Trum Publisher: ReadHowYouWant Illustration: N Language: ENG Title: A Whole Foods Primer Pages: 00000 (Encrypted EPUB) On Sale: 2009-07-16 SKU-13/ISBN: 9781442969698 Category: Fiction : General

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