

Conquering Carbs Ebook - Kristin Petrie

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Discusses the different types of carbohydrates, which foods provide them, how the body uses them, and their importance in a healthy diet. Author: Petrie, Kristin Publisher: Checkerboard Illustration: N Language: ENG Title: Conquering Carbs eBook Pages: 00032 (Encrypted PDF) On Sale: 2011-08-01 SKU-13/ISBN: 9781591974017 Category: Juvenile Nonfiction : Health & Daily Living - Diet & Nutriti

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