



Understanding Nutrition

By Scientific Publishing

Scientific Publishing, United States, 2010. Poster. Book Condition: New. 688 x 36 mm. Language: English . Brand New Book. The Understanding Nutrition chart takes a look at the basics of nutrition. The roles of water, carbohydrates, proteins, fat, minerals and vitamins are explored. Portion estimation is presented in a graphic format, as are the food groups. Heavy cover stock with protective varnish for durability.



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