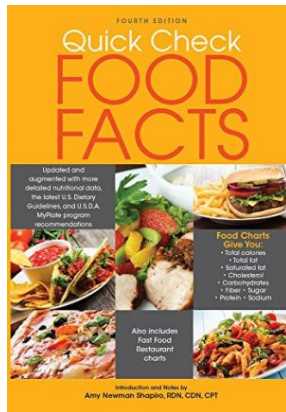


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QUICK CHECK FOOD FACTS



Barron's Educational Series Inc., U.S., United States, 2016. Paperback. Book Condition: New. 4th. 183 x 127 mm. Language: English. Brand New Book. Updated and augmented with more detailed nutritional data, the latest U.S. Dietary Guidelines, and MyPlate tips, this pocket guide focuses on healthful eating and wise food shopping. U. S. Department of Agriculture charts list calories, total fat, saturated fat, cholesterol, carbohydrates, fiber, sugar, protein, and sodium. Covers vegetables, fruits, cereal, grains, pasta, dairy, eggs, meats, fish, poultry, baked...

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- Authored by Amy Newman Shapiro, Amy Shapiro Rdn Cdn Cpt
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