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By Wyatt Michaels

Speedy Publishing Books, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Everyone knows that fruits are some of the healthiest foods you can eat. But have you ever stood in the produce section of a grocery store or walked the aisles of a Farmers Market and wondered just what vitamins and minerals were in the different varieties of fruit on display? Which fruits are highest in vitamin C, or vitamin E, phosphorus or potassium? You may have read labels and tables of vitamins and then can t remember or know how to apply the information you read. What s In It For Me? removes the confusion of the numbers and information and presents practical information that is easy to understand. And because of the format of the presentation, the information is also easier to remember. Presented in a fun, interactive way the otherwise overwhelming information-overload becomes interesting and digestible (pun intended). Knowing the nutritional value of apples, peaches, pomegranates, watermelon, strawberries, and twenty other fruits will help you pick out varieties of your favorite fruits with confidence as you navigate through any produce aisle.



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