



Nutrition Concepts and Controversies

Frances Sienkiewicz Sizer, Eleanor Noss Whitney

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Provides basic nutrition information and controversial topics. The new edition emphasizes the food pyramid vs. the exchange system as a tool for diet planning and includes the latest food labeling information. Over 300 new foods are added to the Table of Food Composition, including ethnic foods, fast foods, low/no-fat foods and new brands.

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