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Understanding Nutrition And Diet Analysis

Typically, nutritional analysis is displayed in tabulation form for ease-of-reading. For example; in Canada, the nutritional information displayed includes 13 key elements including energy (measured in calories), macronutrients, and micronutrients. Macronutrients, required by the body are protein, fat, and carbohydrate and provide energy.

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How to Understand and Use the Nutrition Facts Label | FDA

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She is a founding member of Nutrition and Health Associates, an information resource center that maintains a research database on more than 1,000 nutrition-related topics. She has taught at Florida State University and coauthored several college nutrition textbooks, including UNDERSTANDING NUTRITION, and UNDERSTANDING NORMAL AND CLINICAL NUTRITION.

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The concepts are suburbly explained and illustrations make understanding the information easier. Even though most people buy this for a class, I believe it is easy to read and assimilate the information. The Appendices are chocked full of useful facts about the current diet and exchange lists, including food pyramids and such.

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