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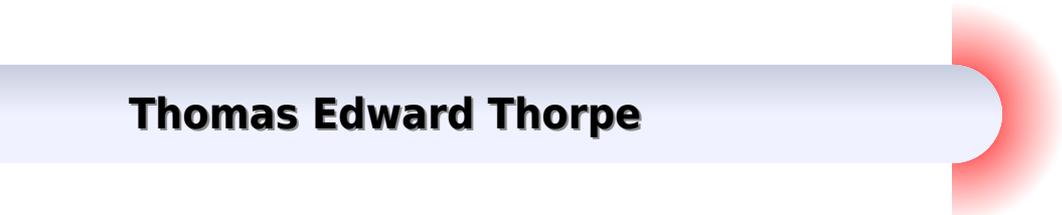
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The Dictionary Of Sodium Fats And Cholesterol

Thomas Edward Thorpe



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Weekly, 1976 **Health Science Books, 1876-1982**, 1982 Jeanne Jones' Food Lover's Diet Jeanne Jones, 1982 Abstract
The principles of good nutrition and safe and sensible weight reduction principles are outlined in this comprehensive easily readable guide for individuals who want to lose weight and maintain the weight loss Basic nutrition concepts are discussed including the energy yielding nutrients carbohydrates proteins fats and the six basic food groups fruit vegetables starches proteins dairy fats Characteristics of a well balanced weight loss diet and some recent popular but unbalanced diet plans i e low carbohydrate and high protein low protein liquid protein fad diets are reviewed The concept of caloric density calories per gram of food and differences among various calorie sources are described The importance of fiber and water in the diet are discussed as well as dietary components for which moderation is recommended i e cholesterol triglycerides sodium caffeine refined sugars **The McDougall Plan for Super Health and Life-long Weight Loss** John A. McDougall, Mary Ann McDougall, 1983 *The ABCs of Diabetes* Caryl Dow Jorgensen, John Edwin Lewis, 1979 Abstract Diabetics live a world of medical terms and complicated scientific phrases often without knowing how to combat or control their disease because they don't understand it Short explanations of terms encountered by the diabetic appear alphabetically and there are longer entries on diabetes research insulin blood and urine tests and low blood glucose There is a great deal of information on diet food exchanges both conventional and vegetarian diet plans and diets for special situations illness exercise and travel

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