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The Fast-food Guide Michael F. Jacobson,Sarah Fritschner,1986 Analyzes the menus of 17 major fast food chain restaurants compiles charts of nutrition information and recommends the most healthful choices **Personal Nutrition** Marie Ann Boyle,2001 This text covers the essentials of nutrition at a basic level with little discussion of physiology or biochemistry emphasizing the practical application of nutrition principles to everyday life The book s topics are organized in the same way as most introductory courses are organized but all of the information is presented in just eleven chapters and 600 pages making it the briefest textbook available The text s many unique and interactive features such as Nutrition Scorecard and The Savvy Diner reflect its consumer oriented approach and invite the reader to explore ways in which to make healthful nutrition choices A Wellness Way of Life Gwen Robbins,Debbie Powers,Sharon Burgess,2004 **The Good Web Site Guide 2006** Graham Edmonds,2005 An up to date guide to the best and most useful sites on the Web Completely revised and updated to incorporate newer sites as well as favourites in previous years this is the definitive A Z on the Internet for young and old The original best selling guide to the best sites available on the Net Divided into sections and genres each site is fully reviewed to show what unique features set it apart from the rest From music to shopping finance to travel the internet covers a bewildering range of topics but this book will focus on what s really useful and popular The completely revised and updated 2006 edition will have around 5000 sites each of which is rated for content value ease of use and speed Divided into sections which will include Consumer Information Help for the Disabled Dance Organizing a Party and Politics as well as staple sections on Food and Drink Travel Finance Health and Hobbies A must have for parents as well as an invaluable resource for children this book has universal appeal **The Publishers Weekly** ,2009 2002 Writer's Market the Internet Edition Kirsten Holm,2001 Provides writers with online access to up to date market information including contact and submission details editorial requirements interviews with successful authors and guidelines for freelancers

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web oct 16 2021 help me please to model the lens array in sequential mode i mean some lens no microlens in the same plane on the circle radius icon best answer by ray the sequential dll is quite easy to modify non sequential are more complex there are more array types available in this forum post community zemax