



The healthy eating Know: food and nutrition science quiz(Chinese Edition)

By WANG DONG FENG

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2012 Pages: 113 Publisher: Chemical Industry Press healthy eating - What you need to know: Food and Nutrition science Q & A is written in plain language for the majority of people growing need for food and nutrition knowledge popular science books. This book is the theme of a healthy diet. food. nutrition and health. from the basic knowledge of food and nutrition. nutrition and health. eating habits and nutrition. and population-specific food and nutrition issues of concern to a question and answer were introduced. To improve the people's healthy eating and food nutrition knowledge. a correct understanding of the importance of diet on health. and to improve the bad eating habits are important reference. Know Your Healthy Eating: Food and nutrition science Q & A reference book to use as a daily diet for the majority of people. but also for food nutrition. food and health professionals use and reference. Contents: the first part of basic nutrition matter of common sense. How to calculate the standard weight? 2. Dietary reference values ??(DRI) What is it?...



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