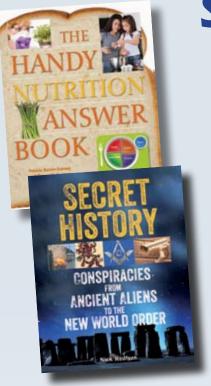
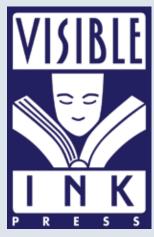
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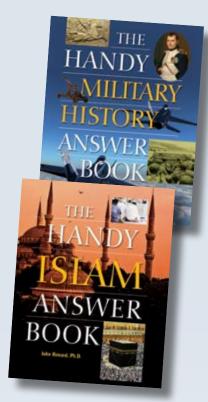


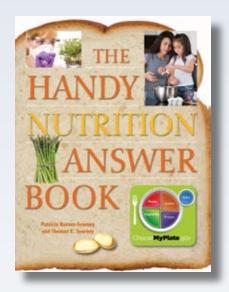


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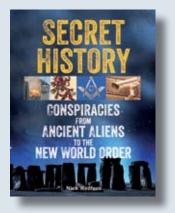
Knowing what is in the foods we eat, understanding the differences between good and bad fat, learning which foods are good sources of vitamins, keeping up on the latest scientific discoveries, or discerning the effectiveness of different diets can be challenging. To help answer these questions there's The Handy Nutrition Answer Book. It examines, explains, and traces the basics of nutrition, the value of vitamins, minerals, fats, proteins, the science behind food-processing and the food industry. It traces nutrition—and nutritional misconceptions—throughout history. It explains how to read food labels, what to watch for in food additives, and scrutinizes the pros, cons, and effectiveness of the biggest, most popular, and trendiest diets. From the newsworthy to the practical and from the medical to the historical, this entertaining and informative book brings the complexity of food and healthy nutrition into focus through the well-researched answers to nearly 900 common questions, including How are calories measured? What are some "healthier" natural sweeteners? What does the word "natural" mean on a label? What are genetically modified organisms (GMOs)? Why do some people seem to eat whatever they want—and still lose or maintain their weight?

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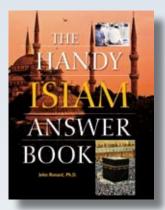
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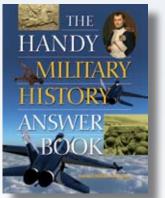
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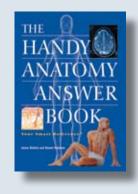
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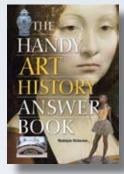
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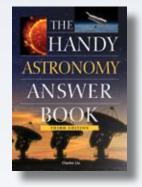
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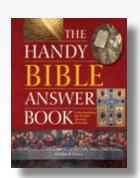
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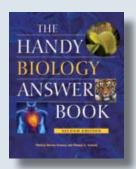
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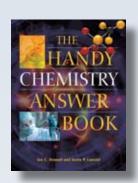
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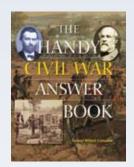
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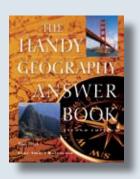
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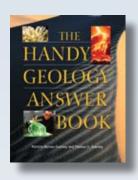
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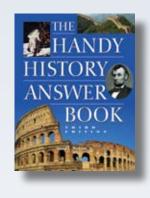
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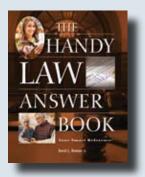


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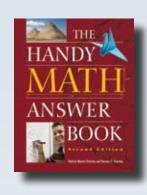
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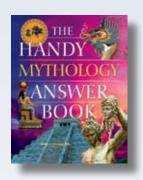
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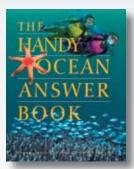
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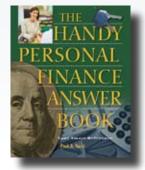
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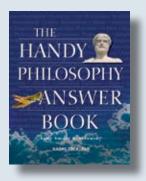
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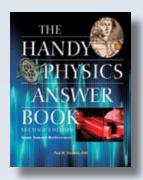
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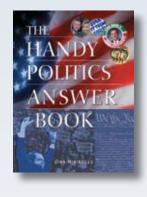
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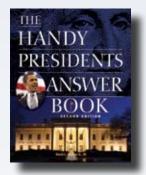
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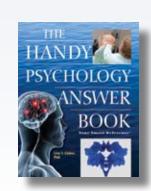
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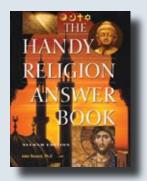
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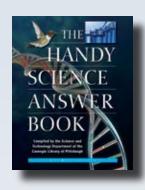
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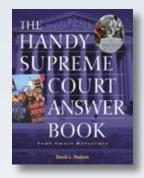
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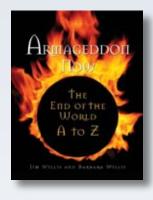
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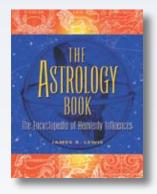
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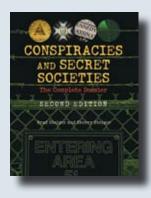
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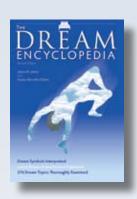
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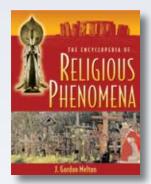
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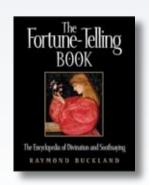
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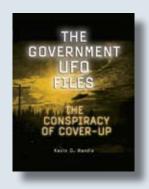
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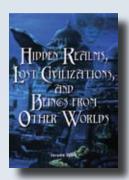
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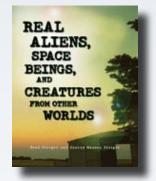
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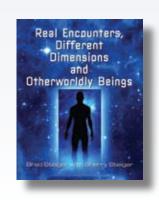
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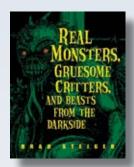
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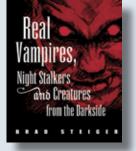
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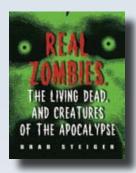
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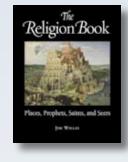
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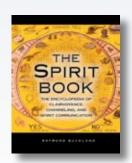
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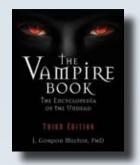
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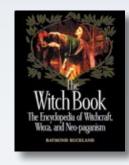
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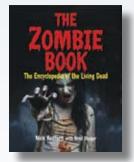
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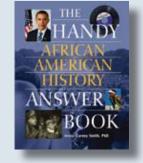
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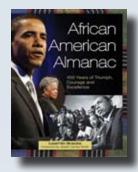
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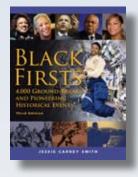
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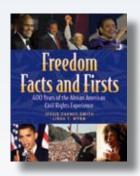


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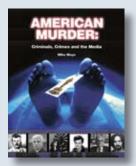


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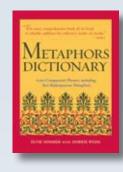
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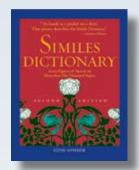
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