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Diet and Nutrition Sourcebook It details how children, seniors, vegetarians, athletes, and others can benefit from good nutrition. It offers tips for smart grocery shopping, healthy food preparation, and the consumption of a varied, balanced, and nutritious diet. Diet and Nutrition Sourcebook, 6th Ed. (Diet & Nutrition Sourcebook) by Angela Williams | Jul 12, 2019. Library Binding ... Diet and Nutrition Sourcebook (Health Reference Series) by Ed. Shannon and Joyce B. | Jan 1, 2006. Library Binding \$6.91 \$ 6. 91 \$87.00 \$ 87. 00. Diet and Nutrition Sourcebook, 5th Edition, provides information on nutrition and health from the 2015 Dietary Guidelines for Americans. It details the benefits of good nutrition for children, seniors, vegetarians, athletes, and others, and gives tips for smart grocery shopping and healthy food preparation. 978-0-7808-1538-4 Childhood Diseases and Disorders Sourcebook (Health Reference Series) Similar ISBNs 978-0-7808-1532-2 Eye Care Sourcebook, 5th Ed. (Health Reference) 978-0-7808-1534-6 Fitness and Exercise Sourcebook (Health Reference Series) 978-0-7808-1536-0 Respiratory Disorders Sourcebook (Health Reference Series)