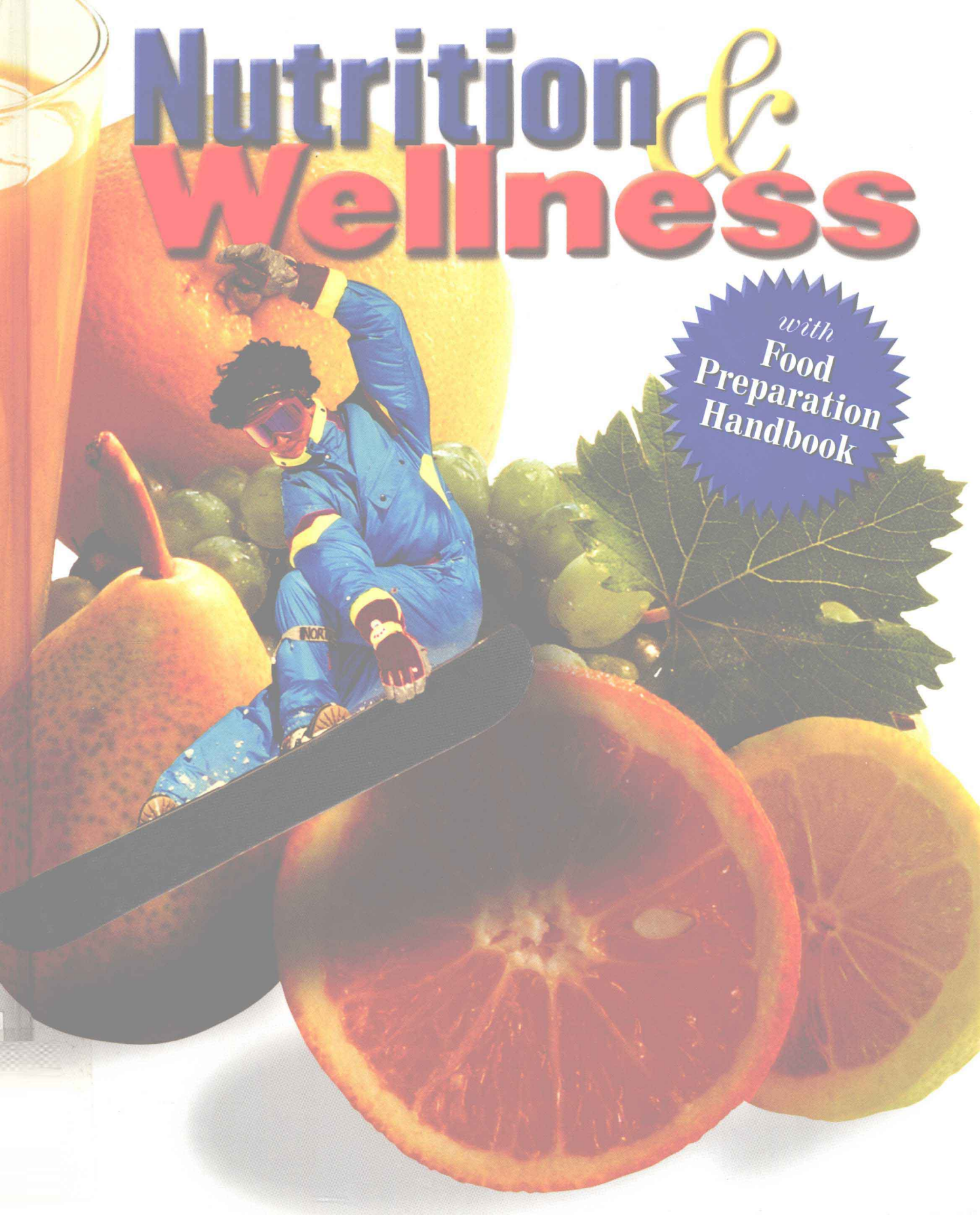


# Nutrition & Wellness

*with*  
**Food  
Preparation  
Handbook**



# Nutrition & Wellness

by

ROBERTA LARSON DUYFF

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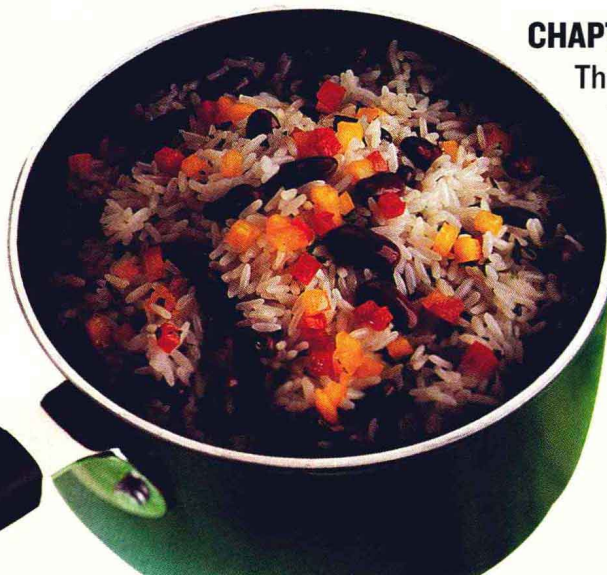
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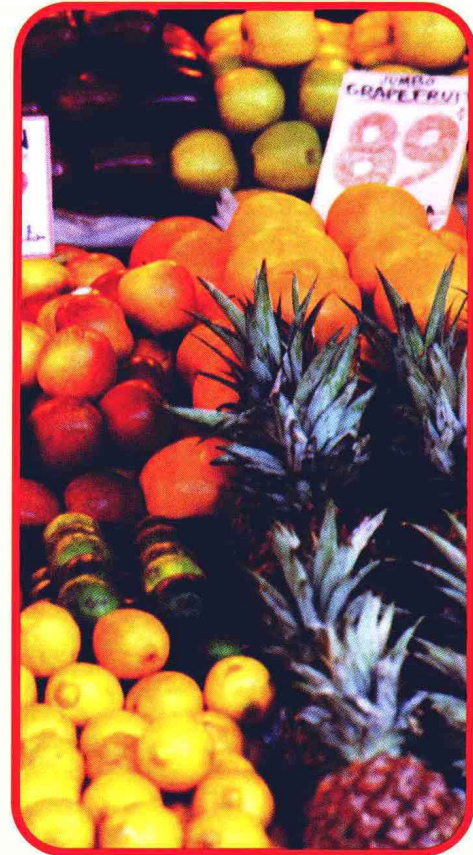
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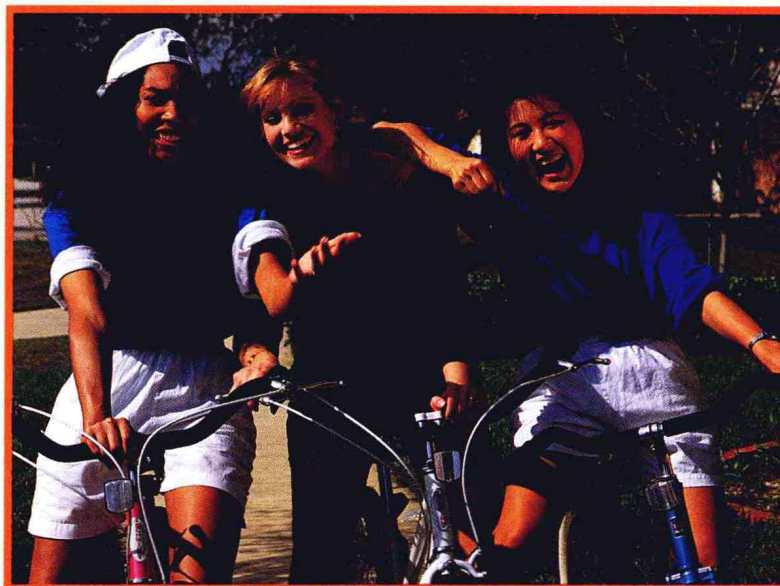
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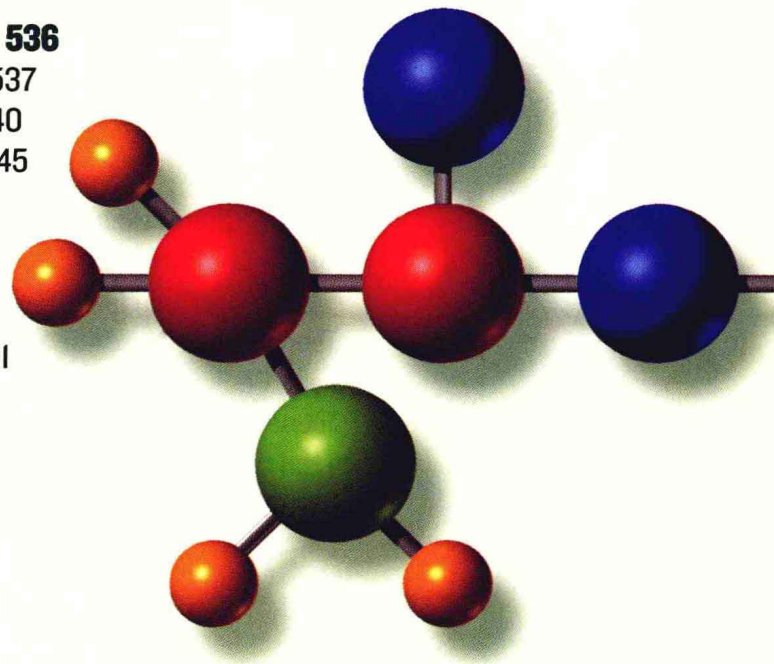
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