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5th Edition

Nutrition **FOR** **DUMMIES®**

Learn to:

- Read and understand a nutrition facts label
- Determine which carbs and fats are "good" — and which are not
- Grasp the truth about vitamin supplements and energy drinks

Carol Ann Rinzler

*Noted authority on health and nutrition and
author of Controlling Cholesterol For Dummies*



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5TH EDITION

by Carol Ann Rinzler



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Carol Ann Rinzler is the author of more than 20 books on health and nutrition as well as columns for several newspapers and national magazines.

Dedication

For my husband, Perry Luntz. Always.

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