

Quick Check Food Facts (Paperback)



Filesize: 8.24 MB

Reviews

If you need to adding benefit, a must buy book. it was writtern really perfectly and beneficial. You may like the way the author create this ebook.

(Rebekah Becker)

QUICK CHECK FOOD FACTS (PAPERBACK)



Barron's Educational Series Inc., U.S., United States, 2016. Paperback. Book Condition: New. 4th. 183 x 127 mm. Language: English . Brand New Book. Updated and augmented with more detailed nutritional data, the latest U.S. Dietary Guidelines, and MyPlate tips, this pocket guide focuses on healthful eating and wise food shopping. U. S. Department of Agriculture charts list calories, total fat, saturated fat, cholesterol, carbohydrates, fiber, sugar, protein, and sodium. Covers vegetables, fruits, cereal, grains, pasta, dairy, eggs, meats, fish, poultry, baked products, snacks, sweets, processed foods, and more. A handy take-along guide for restaurant dining. Shopping and food preparation tips use the U.S.D.A. MyPlate program recommendations. Daily goals, shopping tips, and Red Flag warnings to inform shoppers of the pros and cons related to each food category.



Read Quick Check Food Facts (Paperback) Online



Download PDF Quick Check Food Facts (Paperback)

Other PDFs



Dude, That s Rude!: (Get Some Manners) (Paperback)

Free Spirit Publishing Inc.,U.S., United States, 2007. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Kids today need manners more than ever, and Dude, That s Rude! makes it...

[Read Book »](#)



See You Later Procrastinator: Get it Done (Paperback)

Free Spirit Publishing Inc.,U.S., United States, 2009. Paperback. Book Condition: New. 175 x 127 mm. Language: English . Brand New Book. Kids today are notorious for putting things off- -it s easy for homework and chores...

[Read Book »](#)



Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Merry Xmas! Your kid will love this adorable Christmas book...

[Read Book »](#)



The Case for the Resurrection: A First-Century Investigative Reporter Probes History s Pivotal Event (Paperback)

ZONDERVAN, United States, 2010. Paperback. Book Condition: New. 180 x 127 mm. Language: English . Brand New Book. The Case for the Resurrection, a ninety-six-page booklet from bestselling author Lee Strobel, provides new evidence that...

[Read Book »](#)



Courageous Canine!: And More True Stories of Amazing Animal Heroes (Paperback)

National Geographic Kids, United Kingdom, 2013. Paperback. Book Condition: New. 190 x 127 mm. Language: English . Brand New Book. National Geographic Kids Chapter books pick up where the best-selling National Geographic Readers series leaves...

[Read Book »](#)