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HEALTHY EATING VERSUS MORTALITY (PAPERBACK)

Healthy Eating versus Mortality



Ronald L. Conte Jr.

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.So you ve decided to eat healthier. Where do you start? Almost any reputable source will tell you to eat more fruits, vegetables, and whole grains, less saturated fat and red meat, more lean poultry, fish, and low-fat dairy. To my mind, that type of recommendation is a good start, but it s just not specific enough. Which...

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- Authored by Ronald L Conte Jr
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