

# [PDF] Bowes And Church's Food Values Of Portions Commonly Used

**Jean A.T. Pennington PhD RD, Judith S. Spungen MS RD - pdf download free book**

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**Books Details:**

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## **Description:**

This classic guide to nutrition has helped put the "balance" in balanced diets since 1937! Now completely updated for the Nineteenth Edition, this bestseller continues to supply authoritative data on the nutritional value of foods in a form for quick and easy reference. The book's main table reflects the current food supply—listing more than 6,300 common foods—and contains data on the nutritional content of foods, organized by food groups.

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