



# Basic Nutrition (Healthy Eating: A Guide to Nutrition)

*Lori A. Smolin, Mary B. Grosvenor*

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The body uses food to fuel its processes and to stay healthy. Basic Nutrition, Second Edition includes important information regarding the six classes of nutrients, how each is broken down and used by the body, and how much of each nutrient an individual needs. In a stimulating and easy-to-understand format, this informative new title also provides guidance for planning a healthy diet.

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