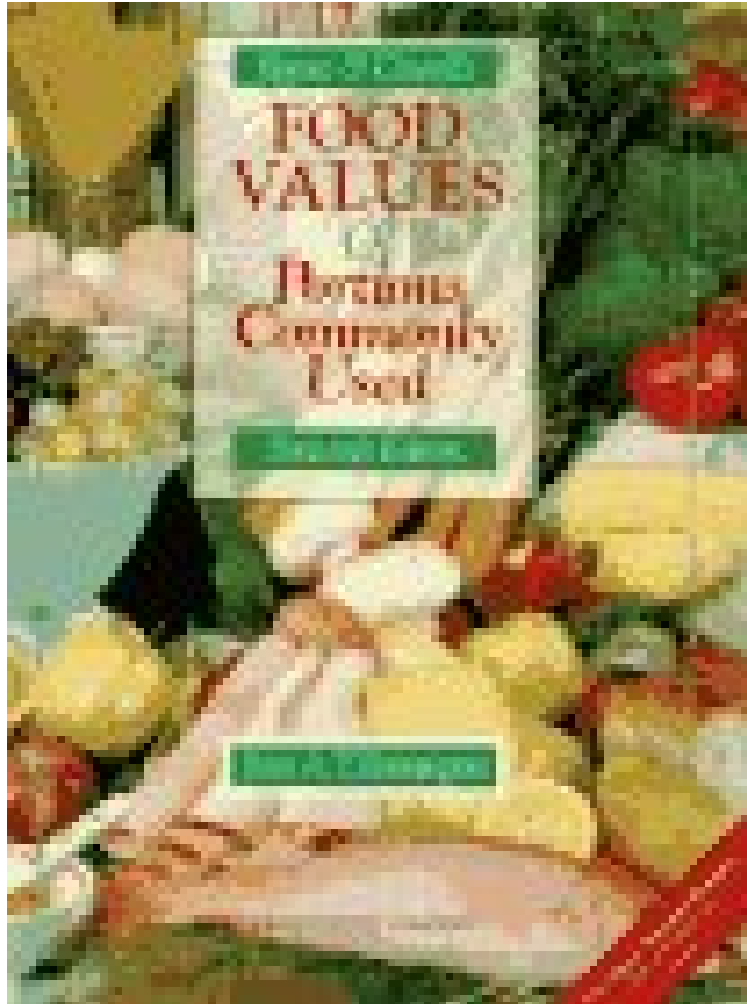


(Mobile pdf) Bowes Church's Food Values of Portions Commonly Used

## Bowes Church's Food Values of Portions Commonly Used

*Anna De Planter Bowes, Helen Nichols Church, Jean A.T. Pennington*  
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**Anna De Planter Bowes, Helen Nichols Church, Jean A.T. Pennington : Bowes Church's Food Values of Portions Commonly Used** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Bowes Church's Food Values of Portions Commonly Used:

0 of 0 people found the following review helpful. The Best Nutrition Manual By Classy Grandma This book has information on just about anything that you need to know about food--especially in terms of nutrient value, vitamins and minerals. It is a wonderful resource if you have someone with special dietary needs and you need tables to assist you in finding the foods that are appropriate. I was introduced to it years ago at a nursing nutrition conference and it has become my favorite resource. It was time to up-date--all sections have changed and been updated but especially the area of fast foods--certainly an ever changing area in today's society. If you are cooking for a diabetic or someone in chronic renal failure this should be on your shelf. 0 of 0 people found the following review helpful. Five Stars By

nom di plumealways a good buy.0 of 0 people found the following review helpful. A Very Comprehensive Guide to the Nutritive Values of FoodsBy KLMA very informative book jam packed with useful information. I used it in college 20 years ago while studying dietetics. I wanted an updated copy hence this purchase. Everything you could possibly want to know about the nutrients of all kinds of foods is listed. It is a very comprehensive guide and includes lots of tables showing the nutritive requirements for various groups of individuals.

This reference text has been revised to ensure relevance to today's eating habits - 85% of the text is new or updated. It provides complete nutritional information on 8,500 foods in an easy-access tabular format. Comprehensive, "Bowes and Church's" discusses not only general foods but common brand name products, for extra utility in real-life nutritional analysis. Appendices list all foods containing a particular substance, such as caffeine or iron. New to this edition: food tables which cover monounsaturated fat content; 3,000 more foods; and listings of the sources for each food entry.