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Nutrition Basics and Applications

2 Nutrition Guidelines: Applying the Science of Nutrition 30. Case Study 31. The Development of Nutrition Recommendations 31. Dietary Reference Intakes 34. The Dietary Guidelines for Americans, 2015–2020 37. MyPlate: Putting the Dietary Guidelines into Practice 42. Food and Supplement Labels 48. Other Nutrition Guidelines 57. Assessing ...

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