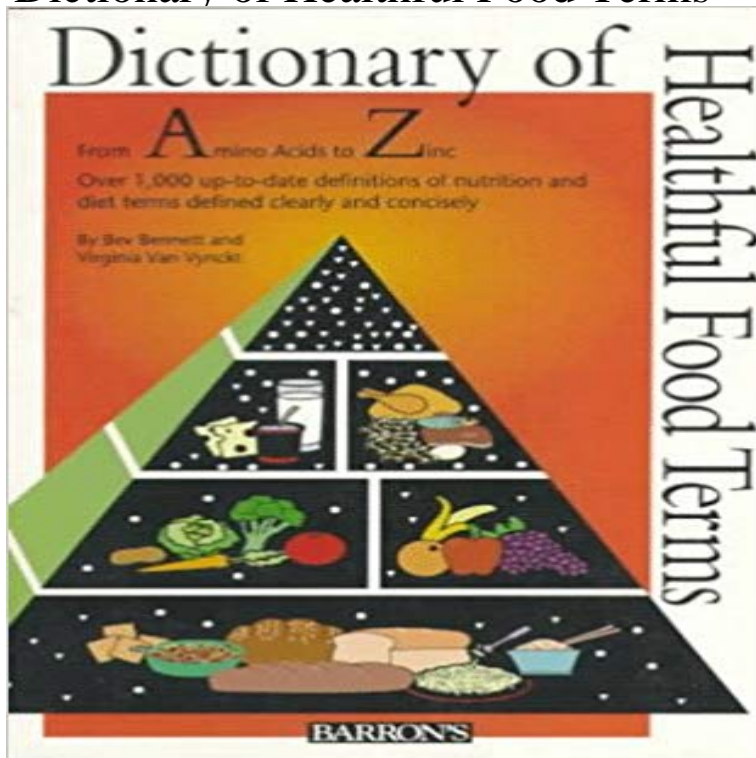


Dictionary of Healthful Food Terms



Health-conscious consumers will find approximately 1,000 alphabetized terms covering nutrition, diets, herbs, vitamins and minerals, and health-promoting foods, all defined in laymans language. This dictionary offers unbiased information and does not advocate any particular diet or food fad--just information which will let the readers choose for themselves.

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