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**The Science of Nutrition** First of all, a few tools to be able to be more objective when faced with new information concerning **diet**, food and **nutrition** ...

## ***A Functional Approach Vitamins and Minerals for Sizer Whitney's Nutrition Concepts and Controversies***

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***Nutrition 1 - Carbohydrates, Proteins and Fats***

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***Health Class Nutrition and Dieting: Lesson 1 What are Nutrients.wmv*** 6 classes of **nutrients** and their descriptions for NYS high school health class.

***Introduction to Nutrition | Nutrition Basics| Nutrition Science Nutrition*** is about eating a healthy and balanced **diet**. Food and drink provide the energy and **nutrients** you need to be healthy.

***10/2/2015: "Recent Controversies in Osteoporosis Management" - Dr. Fergus McKiernan*** Fergus E. McKiernan, MD, chair, Section of Rheumatology at the Marshfield Clinic,

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discusses **controversies** in clinical ...

**Nutrition Part 1** If you would like to get hold of my books, one on Physiology and another on Pathophysiology, check out my web site ...

## **Basic Nutrition Module 1 - Getting started**

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