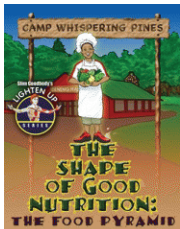


Diabetes Prevention Program - Healthy Eating

- Plate model • Pyramid model • 10 ways to get healthier foods-sodium/water/herbs • Mediterranean diet • Healthy fats

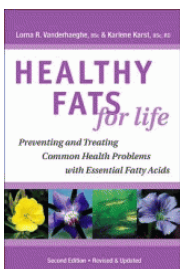
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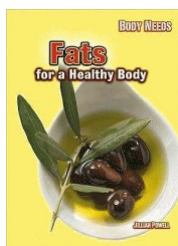
The shape of good nutrition
[John Burstein]. --



The food pyramid and basic nutrition
Graham Faiella.



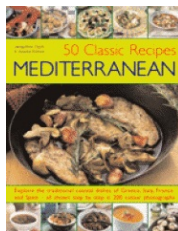
Healthy fats for life
Lorna R. Vanderhaeghe, Karlene Karst. --



Fats for a healthy body
Jillian Powell. --



The 50 best Mediterranean diet recipes

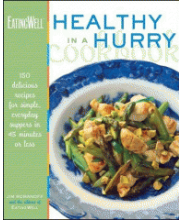


50 classic recipes
Jacqueline Clark and Joanna Farrow.

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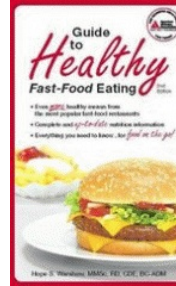
- Plate model • Pyramid model • 10 ways to get healthier foods-sodium/water/herbs • Mediterranean diet • Healthy fats

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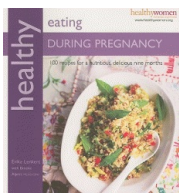
The eating well healthy in a hurry cookbook

Jim Romanoff [editor] and the editors of EatingWell.



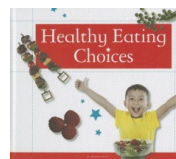
Guide to healthy fast-food eating

Hope S. Warshaw. --



Healthy eating during pregnancy

Erika Lenkert with Brooke R. Alpert ; photography by Will Heap. --



Healthy eating choices

by Megan Bailey. --