



## The family eating 500 asked Rong was compiled 9787538420142J57(Chinese Edition)

By HE RONG XIAN BIAN

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2003-01-01 Publisher: Jilin basic information title: 500 asked the original price of the family diet: 15 Author: Edited by Ho Wing Hin Publisher: Jilin Science and Technology Publication Date: 20030101 ISBN: 9.787.538.420.142 words: Page: Revision: Binding : Folio: Weight: Editor's Choice in the rapid development of China's economic construction. the diet of the people's living standards from the comfortable life to the development of rich. nutritional direction. nourishing. and talk about nutrition and longevity has become the concern of the whole society Popular topic. How to guide people's eating habits. so that every household can arrange three meals a day. to learn from the high nutrition. high-performance. achieve against illnesses from modern food science. modern nutrition and modern health science point of view. The purpose of longevity is an important task of the current dietary science workers. Precisely for this purpose. the author has spared no effort to make inquiries and collect a lot of information. combined with the practical experience that I have accumulated over the years. and compiled the family diet 500 asked. Sought to highlight...

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