



ILLUSTRATED DICTIONARY OF HEALTH AND NUTRITION

• TERMS • DEFINITIONS • EXAMPLES

**Designed for Senior High to
Undergraduate Students**



3G E-LEARNING

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Compiled and Edited by 3G E-learning LLC, USA

2018



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ISBN 978-1-98460-066-0

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Printed in the U.S.A.

Illustrated Dictionary of Health and Nutrition

The field of Nutrition is continually growing in importance as more health issues are becoming linked to diet. For example, the wrong food can lead to a lack of energy, weight gain, and digestive problems and contribute to depression and anxiety. That's why there is a growing awareness of nutrition and a demand for good advice and qualified Nutritional Therapists. To understand health and nutrition, you must first understand the subject terms.

This is a concise, illustrated dictionary of Health and Nutrition. This illustrated dictionary provides concise definitions and explanations of health and nutrition terms together with state-of-the-art scientific and practical terms, presented in an easy-to-use, A-Z order with pictures and figures as well as examples are given to clarify the terms. It is a perfect tool for understanding of health and nutrition terms for Higher Secondary to Undergraduate students and improving their spelling and grammar. Packed with special full-page features on this subject and developed in close consultation with team of experts, this is the ultimate reference tool for students.

Thousands of interesting entries, definitions, photographs and pictures make this dictionary an essential reference for readers, writers and curious minds of all ages as well.

New Century Books

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CP # 0927-910-1263/ Fax (02)435-7172
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