

Bowes & Church's

*Food Values
of Portions
Commonly Used*

FIFTEENTH EDITION



J e a n A . T . P e n n i n g t o n

Food Values Of Portions

C. F. Church, H. N. Church



Food Values Of Portions:

Bowes and Church's Food Values of Portions Commonly Used Anna De Planter Bowes, Jean A. Thompson Pennington, 1991-10 **Bowes & Church's Food Values of Portions Commonly Used** Judith Spungen, 2005 This classic guide to nutrition has helped put the balance in balanced diets since 1937 Now completely updated for the Eighteenth Edition this bestseller continues to supply authoritative data on the nutritional value of foods in a form for quick and easy reference The book's main table reflects the current food supply listing more than 8 500 common foods and contains data on the nutritional content of foods organized by food groups Supplementary tables define the content of lesser known foods Each food entry is thoroughly evaluated to include calorie content weight water protein fat cholesterol carbohydrate dietary fiber and major vitamins and minerals Brand names and the general foods that typify today's eating habits are covered the latest information on fiber and monounsaturated fat content is addressed and a bibliography of sources for current food composition data is provided *Bowes & Church's Food Values of Portions Commonly Used* Anna De Planter Bowes, Jean A. Thompson Pennington, 1998 Gives ready reference on nutritional values of foods *Bowes and Church's Food Values of Portions Commonly Used*, 1985 Bowes' and Church's Food Values of Portions Commonly Used Food Values of Portions Commonly Used Anna De Planter Bowes, 1980 Food Values in Common Portions United States. Bureau of Human Nutrition and Home Economics, 1951 **Food Values of Portions Commonly Used**, 1951 *Food Values of Portions Commonly Used* Anna De Planter Bowes, Charles Frederick Church, Helen Nichols Church, 1970 Food Values of Portions Commonly Served, 1951 **Food Values of Portions Commonly Used**, 1937 *Nutrient Values of Master Menu Recipes and Food Items*, 1985 **Handbook of Nutrition and Food** Carolyn D. Berdanier, Johanna T. Dwyer, David Heber, 2016-04-19 The new edition of the Handbook of Nutrition and Food follows the format of the bestselling earlier editions providing a reference guide for many of the issues on health and well being that are affected by nutrition Completely revised the third edition contains 20 new chapters 50 percent new figures A comprehensive resource this book is a reference guide for many of the issues on health and well being that are affected by nutrition Divided into five parts the sections cover food including its composition constituents labeling and analysis nutrition as a science covering basic terminology nutritional biochemistry nutrition and genetics food intake regulation and micronutrients nutrient needs throughout the human life cycle assessment of nutrient intake adequacy and clinical nutrition from assessments to a wide variety of disease and health topics *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.), 1976 **Catalog. Supplement - Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information and Educational Materials Center (U.S.), 1975 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1985 Current Catalog National Library of Medicine (U.S.), First multi year

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