
To Reign In Hell

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Nutrition For Dummies - Basic Nutrition Tips

About the Author Carol Ann Rinzler is a noted authority on health and nutrition and holds an MA from Columbia University. She has written a nutrition column for the New York Daily News and is the author of more than 20 health-related books, including Controlling Cholesterol For Dummies, Weight Loss Kit For Dummies, and the highly acclaimed Estrogen and Breast Cancer: A Warning to Women.

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Macronutrients are the three main nutrients needed in large amounts: carbs, fats and protein.

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