Nutrition Manual for Healthcare Communities

Second Edition

Written & Researched by

Cynthia Chow & Associates, LLC

- Completely revised food groups for use with carbohydrate counting
- Updated kidney diet information including herbal supplements
- New chapter on adverse food reactions, allergies, intolerance & FODMAPS
- New heart healthy diet
- Both traditional & liberalized nutrition approaches included
- Plainly written with easy to understand diet explanations
- Sample menus

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