



## Busy Moms Guide to Family Nutrition

By Paul C. Reisser

Tyndale House Publishers, Inc. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 7.9in. x 5.2in. x 0.7in. With almost everything you need to know to care for your family available on the Internet or at the library these days, how do you sort through the wealth of information available? How do you narrow down your web search? And how many pages are in that reference guide? It can be overwhelming to look for specific information. Relax—we have the cure for the common search. The information you need is at your fingertips in the practical and easy-to-use Busy Moms Guide series. Using a question-and-answer format, Busy Moms Guide to Family Nutrition provides bite-sized pieces of information, including nutritional basics, the skinny on fats, interpreting food labels, exploring popular diet plans, and much more. Improve your family's health quotient with the quick reference material found inside, and enjoy your healthy family! Some content previously published in the Complete Guides Family Health, Nutrition, and Fitness. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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