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(Alivia Hartmann)

CARROTS ADVOCATE (WHH)(CHINESE EDITION)

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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2006-06 Publisher: Qingdao basic information title: carrots advocate (whh) List Price: 18 yuan.: WHO editor of Press Xu: the Qingdao Publishing Date :2006-6 ISBN: 9.787.543.636.545 words: Page: Revision: Binding: Folio: Weight: Editor's Choice in progress today illiterate has no more than. Branch blind reduction. except life more abundant under nutrition blind does not seem to improve. As a big country with a population of 1.3 billion. the popularity of nutritional knowledge. improve health. in fact. is a priority. so we proposed the new nutritional thinking. The fifth book is nutrition new thinking theme. including the understanding of both carrots and carrot recipes. The book's 30 recipes under the guidance of a nutritionist. we buy. cooking. conditioning. and photography. writing. showing the front of the reader. The aim is to encourage each reader hands good nutrition dishes. Each one must understand nutrition. every meal should be balanced nutrition; healthy diet - one now. we start from the opened book. Abstract carrots as human food can be traced back more than 4.000 years ago. the origin of western Asia. into China in the 13th century. and then spread to East Asian countries. the formation of the East Asian varieties group. The carrot is a natural green food. in today food structure of the developed countries in the increasingly influential position. The United States had 50 kinds of vegetables assessment of nutritional value. carrot ranked second only to sweet potato; Dutch carrots as a national dish; Japanese carrot called ginseng. Fleshy root is rich in nutrients required for almost all of the human body. especially carotene content ranks common fruits and vegetables first. by the action of the enzyme in...



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