

The background of the slide is a collage of various healthy food items. At the top left, there is a plate with avocado toast and a side salad. To the right, a bowl contains a mix of fresh fruits like strawberries, blueberries, and orange slices. In the bottom right, a large bowl is filled with spaghetti topped with shrimp, tomatoes, and herbs. In the bottom left, a stack of waffles is topped with fruit and syrup, with a strawberry on the side. The title text is centered over a semi-transparent white rectangle in the middle of the slide.

QUICK START NUTRITION GUIDE

Quick Start Nutrition Fundamentals

William Shurtleff, Akiko Aoyagi



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,2006 *Foundations and Clinical Applications of Nutrition* Michele Grodner,Sara Long Roth,Sandra DeYoung,2004
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