

Bowes & Church's

Food Values of Portions Commonly Used

Eighteenth Edition

Jean A. T. Pennington • Judith Spungen Douglass



LIPPINCOTT WILLIAMS & WILKINS

Bowes And Churchs Food Values Of Portions

Anna De Planter Bowes



Bowes And Church's Food Values Of Portions:

Bowes and Church's Food Values of Portions Commonly Used Anna De Planter Bowes, Jean A. Thompson Pennington, 1991-10 **Bowes & Church's Food Values of Portions Commonly Used** Judith Spungen, 2005 This classic guide to nutrition has helped put the balance in balanced diets since 1937 Now completely updated for the Eighteenth Edition this bestseller continues to supply authoritative data on the nutritional value of foods in a form for quick and easy reference The book's main table reflects the current food supply listing more than 8 500 common foods and contains data on the nutritional content of foods organized by food groups Supplementary tables define the content of lesser known foods Each food entry is thoroughly evaluated to include calorie content weight water protein fat cholesterol carbohydrate dietary fiber and major vitamins and minerals Brand names and the general foods that typify today's eating habits are covered the latest information on fiber and monounsaturated fat content is addressed and a bibliography of sources for current food composition data is provided **Bowes and Church's Food Values of Portions Commonly Used** Pennington, Jean A. Thompson Pennington, Judith Spungen, 2010-01-30 **Bowes' and Church's Food Values of Portions Commonly Used Food Values of Portions Commonly Used** Anna De Planter Bowes, 1980 *Bowes & Church's Food Values of Portions Commonly Used* Anna De Planter Bowes, Jean A. Thompson Pennington, 1998 Gives ready reference on nutritional values of foods *Bowes and Church's Food Values of Portions Commonly Used*, 1985 **Handbook of Nutrition and Food** Carolyn D. Berdanier, Johanna T. Dwyer, Elaine B. Feldman, 2007-08-24 Significantly revised and updated this second edition of the bestselling Handbook of Nutrition and Food welcomes contributions from several new authors including Elaine B Feldman and Johanna Dwyer notable leaders in nutritional science Retaining the high level of scientific research accessible language and attention to detail of the original *Bowes and Church's Food Values of Portions Commonly Used* Jean A. T. Pennington, Ph.D., 2007-10-01 **Handbook of Vitamins** Robert B. Rucker, Janos Zemleni, John W. Suttie, Donald B. McCormick, 2007-06-08 Thoroughly revised and updated Handbook of Vitamins highlights the recent research in vitamins and gene expression vitamin dependent genes and vitamin effect on DNA stability This fourth edition includes new chapters on vitamin dependent modification of chromatin analysis of vitamin metabolism using accelerated mass spectrometry and diet **Food Values of Portions Commonly Served, Compiled by Anna DePlanter Bowes ... and Charles F. Church ...** Anna De Planter Bowes, Charles Frederick Church, 1937

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