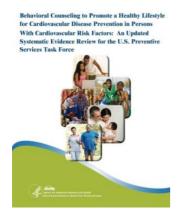
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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English. Brand New Book ***** Print on Demand *****. A healthy diet promotes health and reduces an individual s risk for chronic disease through nutritious eating patterns. For the purposes of this review, we will include any dietary counseling interventions that promote a balanced diet (e.g., appropriate energy content); balance of fats (e.g., consumption of mono and poly unsaturated fats, omega-3 fats, avoidance of excess saturated fat,....

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