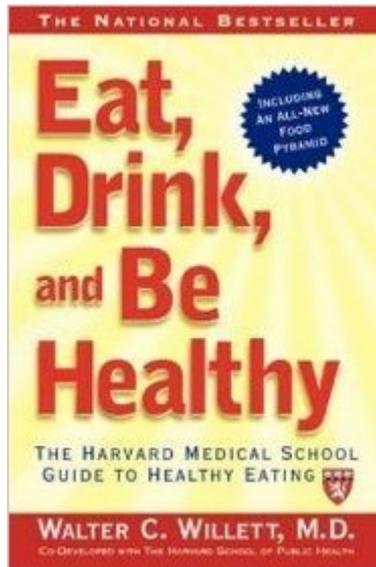


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EAT, DRINK, AND BE HEALTHY: The Harvard Medical School Guide To Healthy Eating



Synopsis

EAT, DRINK, AND BE HEALTHY: The Harvard Medical School Guide to Healthy Eating

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Contains the real food pyramid, not the government's version. Excellent for those who need to adjust their eating habits.

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