# the guide to HEALTHY EATING

carbohydrates: sweeteners: fats and oils: protein: nuts and seeds unrefined salt: children's food: organic shopping: food prep tips



Avoid chronic illness Choose foods with confidence Enhance your immune system Improve your family's nutrition

David Brownstein, M.D. & Sheryl Shenefelt, C.N.

# **Guide Healthy Eating Brownstein**

**Enrico Coiera** 

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