



Fruit and Nuts: Supplement to The Composition of Foods (Paperback)

By -

Royal Society Of Chemistry, United Kingdom, 1992. Paperback. Condition: New. 5th ed.. Language: English . Brand New Book. Fruit and Nuts lists over 350 foods and extends both the foods and nutrients covered in The Composition of Foods 5th Edition. Data are included covering the wider variety of fruit and fruit-based foods now eaten. In particular information is now available for fruit canned in both syrup and juice, and more exotic varieties such as kiwi fruit and pecan nuts, as well as more varieties of popular foods such as apples and pears. Supplementary tables are included for carotenoid fractions, vitamin E fractions, phytic acid and organic acids, as well as a listing of taxonomic and alternative food names.

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Reviews

It is fantastic and great. It is written in easy words and phrases instead of confusing. I am just delighted to explain how this is actually the best book I have got read through during my individual life and might be the finest publication for ever.

-- **Prof. Murl Shanahan DDS**

Very helpful to all of class of folks. This is certainly for all who state there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Jayda Lehner Jr.**