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Cooking Basics: Cooking Terms (cont.) EAT SMART Expanded Food and Nutrition Program. 8 ... EAT SMART Expanded Food and Nutrition Program. 13 5. Eat meat in moderation. Add more grains, fruits and vegetables to your meal. A deck of cards is about the size of 3 ounces of meat, poultry or fish. Three ounces of meat, cooked and

EAT SMART - University of Tennessee

Recipes: Deliciously Healthy Dinners showcases new dishes that were created just for the NHLBI that have an American, Latino, Mediterranean, or Asian flair. The recipes are also reasonably quick and easy to prepare—a must for busy adults and families! Also included are food preparation tips and suggestions for serving the recipes.

the recipes deliciously healthy dinners

FOOD and DIET Intermediate level www.carmenlu.com Types of food Fast food: food that is already cooked and prepared and all we do is buy it and eat it. Example of a fast food chain: McDonald's. Junk food: food that is not very healthy and is always easy to prepare so that you can eat it immediately. Take-away food: food that you buy at a shop or restaurant to eat in another place.

FOOD and DIET Intermediate level Types of food - Carmen Lu

The food supply in the United States is among the safest in the world but it can still be a source of infection for all persons. According to the Centers for Disease Control and Prevention, 48 ...

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