



# The New Complete Book of Food: A Nutritional, Medical, and Culinary Guide

*Carol Ann Rinzler*

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**The New Complete Book of Food: A Nutritional, Medical, and Culinary Guide** Carol Ann Rinzler  
Catalogs the physical, chemical, and medical properties of food; their benefits and hidden dangers; how foods change when they are processed or cooked; how to select, prepare, and store food; and, more. This work provides the nutritional, medical, culinary, and consumer information essential to planning a good diet and properly handling food.

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