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She is a founding member of Nutrition and Health Associates, an information resource center that maintains a research database on more than 1,000 nutrition-related topics. She has taught at Florida State University and coauthored several college nutrition textbooks, including UNDERSTANDING NUTRITION, and UNDERSTANDING NORMAL AND CLINICAL NUTRITION.

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Chapter 2-4 Chapter 2-4 variety (dietary): eating a wide selection of foods within and among the major food groups. whole grain: a grain that maintains the same relative proportions of starchy endosperm, germ, and bran as the original (all but the husk); not refined. Terms on Food Labels General Terms free: “nutritionally trivial” and unlikely to have a physiological consequence; synonyms ...

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