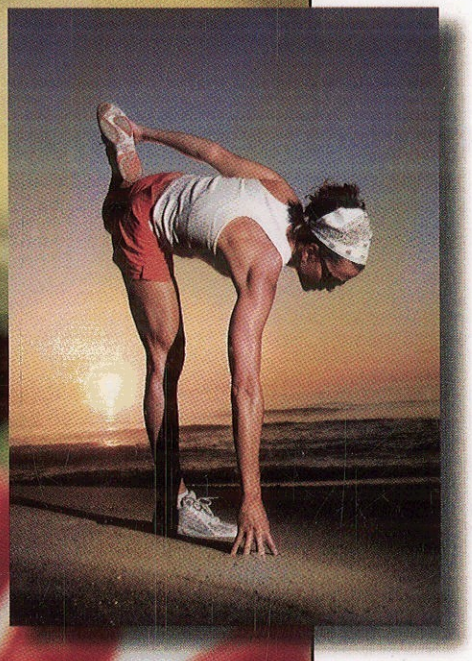
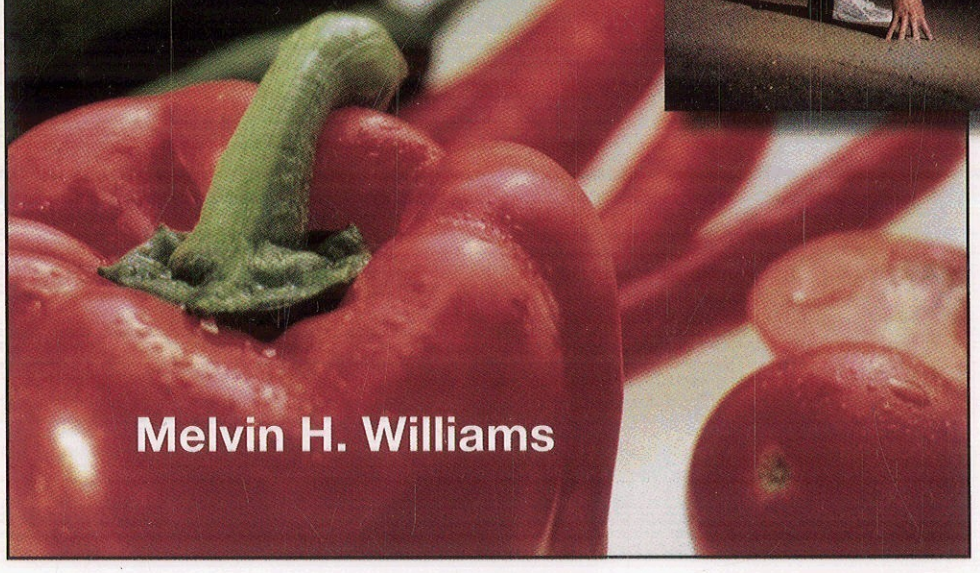
Nutrition for Health, Fitness, and Sport

Ninth Edition





Melvin H. Williams

McGRAW-HILL INTERNATIONAL EDITION

Brief Contents

Contents