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The power of protein: separating hype from reality

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Books: fruits (healthy eating with myplate)

Author: Nancy Dickmann, Title: Fruits (Healthy Eating with MyPlate) (Paperback), Publisher ~ Nancy Dickmann (Author) Fireflies (Creepy Creatures)
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Grains - capstone classroom

(from the Healthy Eating with MyPlate series) Read this book to learn about how to eat well and use MyPlate.

Author: Nancy Dickmann

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Protein - healthyeating.org

Healthy Eating. Healthy Eating Overview; 5 Reasons to Eat a Protein Packed Breakfast; Heather Leidy, PhD and Nancy R. Rodriguez, PhD, RD,

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Dickmann, Nancy. Fruits (Healthy Eating with MyPlate) . Heinemann-Raintree, 2012. Dickmann, Nancy. Protein (Healthy Eating with MyPlate). Heinemann-Raintree, 2012.
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