



Fruits and vegetables. health king (the best-selling version)(Chinese Edition)

By BIAN WEI HUI

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2013 Pages: 384 Language: Chinese in Publisher: Heilongjiang Science and Technology Press. the seven colors of fruits and vegetables for a healthy. eat healthy new vigor. The more refined diet. more fruits and vegetables can not be ignored. Fruits and vegetables can help modern people far away from civilization pain against toxic substances and environmental pollution. balanced nutrition. Fruits and vegetables health (selling) both care guide with recipes. a collection of 83 kinds of vegetables. 51 kinds of fruit. full understanding of each flavor of fruits and vegetables more than ten kinds of health knowledge. and corresponds to the recommended 300 health fruits and vegetables meal. so you Vested health knowledge. but also to get that good color. good physique. live from this super healthy. Contents: PART 01 health knowledge of fruits and vegetables. fruits and vegetables of the effectiveness of health care common fruits and vegetables health secretary Tan PART 02 vegetables articles cabbage ribs stewed cabbage a product cabbage taro children cabbage the wolfberry cabbage cabbage soy fried cabbage chicken breasts grilled cabbage cole double...



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