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## ~~Understanding Nutrition by Ellie Whitney~~

She taught nutrition, food science, and human biology courses in the San Francisco Bay Area for over 25 years and also worked as an outpatient dietitian, Internet consultant, and freelance writer. Her other publications include the textbooks Understanding Normal and Clinical Nutrition and Nutrition for Health and Health Care.

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parts of food are removed; wheat refined into flour, bran, germ, husk removed, leaving endosperm Enriched-Addition of nutrients that were lost during processing so food will meet specified standard (breads)

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