

# **Your Personal Nutritionist: Fiber And Fat Counter**

**By Ed Blonz**

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Nutrition Definition. Good nutrition can help prevent disease and promote health. Fiber is the material that gives plants texture and support.

**Everyday Health - Official Site -**

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May 03, 1998 On Nutrition Sweet Sapote Is Swell Source of dietary fiber and less than a gram of fat. \* Ed Blonz is the author of the "Your Personal

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**MSN Health & Fitness - Official Site -**

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