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The 80/10/10 Reference Guide on Food Combining and Nutrition. This is the food combining chart you've been looking for ... and more! We've taken the, now out of print, High Energy Diet Nutrition Guide to new levels! This new guide is not only redesigned, but also includes additional useful information that clarifies and completes the concepts of food combining and other aspects of the 80/10/10 ...

The 80/10/10 Reference Guide on Food Combining and ...

It is assumed that readers know that 80/10/10 refers to 80% carbohydrate, 10% protein, 10% fats/oils - the approximate % of calories which should come from each of these food groups. Read more 3 people found this helpful

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The 80/10/10 Diet: Healthy Diet or Dangerous Fad?

The reason I bought the reference guide was because I had searched the internet for the past two years and had found quite a bit of conflicting information, even in 80 10 10 groups. I figured that I would deal with the overblown cost and just go straight to the source to have accurate information. I am happy that I have the pamphlet, it's neat.

Amazon.com: Customer reviews: The 80/10/10 Reference Guide ...

The 80/10/10 diet is about eating mostly fruits and vegetables in your diet that make your body healthier as well as make you smell good and be clean on the inside. Mostly by killing the bad bacteria and putting good bacteria in your body and making you more alkaline than acidic.

The 80/10/10 Diet: Douglas N. Graham: 8601419999064 ...

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