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4. Which of the following is the defining characteristic of a nutrient-dense food? (A) contains a low amount of kcalories relative to volume (B) high in weight relative to volume (C) contains a ...

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Ellie Whitney grew up in New York City and received her BA and PhD degrees in English and Biology at Harvard and Washington Universities. She taught at both Florida State University and Florida A&M University, wrote numerous newspaper columns on environmental matters for the Tallahassee Democrat, and coauthored almost a dozen college textbooks on nutrition, health, and related topics, many of ...

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