References to accompany the published book and provide further detail for readers of

Catherine Saxelby's Food and Nutrition Companion (Hardie Grant Books 2012)

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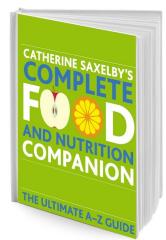
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More information

This reference list compiled by dietitian-nutritionist Catherine Saxelby as a data source list for *Catherine Saxelby's Complete Food and Nutrition Companion*. It is up to date as of June 2012

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Catherine Saxelby BSc, Grad Dip Nutr Dietetics (Syd), AN, APD, MAIFST is an accredited nutritionist, award-winning author, blogger and food commentator. She is the author of nine books including the best-selling *Nutrition for Life* (Hardie Grant Books). This is her tenth book on food and nutrition. She writes about nutrition for magazines and blogs on several websites.



More articles, recipes and facts sheets can be found at Catherine's website www.foodwatch.com.au. Her goal is to help busy people eat better, manage their weight and look after their health.

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