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Thus a serving of baked haddock has 2.5 nutripoints, cantaloupe 29, and McDonald's port sausage a negative rating of -3.5. To follow the program, you select a recommended number and size of servings from each of six food groups (fruit, vegetables, grain, etc.) and make sure they add up to 100 or 150 points a day, depending on your weight and ...

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Nutripoints : the breakthrough point system for optimal nutrition / Roy E. Vartabedian, Kathy Matthews.

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