

Reading free Armed forces recipe cards (PDF)

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u s armed forces recipe service google books Aug 21 2023 the armed forces recipe service is a compendium of high volume food service recipes written and updated regularly by the united states department of defense natick laboratories and used by *tm10 412 recipe cards pbworks* Jul 20 2023 balance the food you eat with physical activity maintain or improve your weight choose a diet with plenty of grain products vegetables and fruits choose a diet low in fat saturated fat and cholesterol eat a variety of foods choose a diet moderate in salt and sodium choose a diet moderate in sugars

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