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By Linda Kelly DeBruyne, Kathryn Pinna

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Editorial Review

About the Author

Linda Kelly DeBruyne, MS, RD received her BS in 1980 and her MS in 1982 in nutrition and food science at Florida State University. She is a founding member of Nutrition and Health Associates, an information resource center in Tallahassee, Florida, where her specialty areas are life cycle nutrition and fitness. Her other publications include the textbooks NUTRITION FOR HEALTH AND HEALTH CARE, HEALTH: MAKING LIFE CHOICES, and the multimedia CD-ROM NUTRITION INTERACTIVE. She is a registered dietitian and maintains a professional membership in the Academy of Nutrition and Dietetics.

Kathryn Pinna has taught nutrition, food science, and human biology courses in the San Francisco Bay Area for more than 25 years. Formerly an outpatient Registered Dietitian, Dr. Pinna is a member of both the American Society for Nutrition and the Academy of Nutrition and Dietetics. Her experience also includes work as an Internet consultant and freelance writer, which led to textbook publications such as Nutrition and Diet Therapy, and Nutrition for Health and Health Care. Dr. Pinna earned her MS and PhD in Nutrition from the University of California, Berkeley.

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