

Diet and Wellness Plus, 1st Edition

From Diet Analysis



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Diet & Wellness Plus helps you understand how nutrition relates to your personal health goals. Track your diet and activity, generate reports, and analyze the nutritional value of the food you eat. Diet & Wellness Plus includes over 55,000 foods as well as custom food and recipe features. The new Behavior Change Planner helps you identify risks in your life and guides you through the key steps to make positive changes.



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