



Minerals from Plant Foods: Strategies for Maximizing Nutrition

Dina L. Aronson, Carol Meershaert, Cheryl Sullivan

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Minerals from Plant Foods: Strategies for Maximizing **Nutrition**

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...gives an overview of how various plant compounds, such as phytates and polyphenols, affect the bioavailability of minerals...an in-depth look at particular minerals, calcium, iron, zinc, magnesium and copper



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