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1. A. In addition to the above-mentioned foods, legumes (including broad beans, pinto beans, and soybeans) are good sources of antioxidant vitamins and a variety of phytonutrients that often act as antioxidants, protecting the cells of the body from the damaging effect of free radicals.

Nutrition Practice Test Questions

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Nutrition Facts Serving Size 2/3 cup (55g) Calories 230 % Daily Value* Trans Fat 0g ... 1/2 cup and now is 2/3 cup. There are also new requirements for certain size packages, such as

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