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Département d'économie et de sociologie rurales Saltman, Paul Georges Le Moan Institut National de la Recherche Agronomique Turgeon, Louis Jean-Pierre Ruasse Jean A.S. Ritchie Thérèse Tournier Christian Barnier Chauchart Lucie Randoin Madeleine Fiévet-Izard Yvonne Reiter Jean-Marc Brunet Christine Josifoff-Gautier Raymond Lalanne

riche en informations et en conseils pratiques ce livre présente différentes stratégies alimentaires qui tiennent compte à la fois de notre mode de vie de notre âge et de nos goûts un guide précieux fruit de plusieurs années de recherches menées dans des universités californiennes

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