

# Download Whole Food Facts The Complete Reference Guide

1. The Serving Size (#1 on sample label) The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. About this site. The Food Timeline was created and maintained solely by Lynne Olver (1958-2015, her obituary), reference librarian with a passion for food history. Whole Food Nutrient Solutions. Since 1929, Standard Process has been the visionary leader in whole food nutrient solutions. We apply systems thinking to holistic nutrition that empowers practitioners to transform lives. Ice cream Food historians tell us the history of ice cream begins with ancient flavored ices. The Chinese are generally credited for creating the first ice creams, possibly as early as 3000 BC.