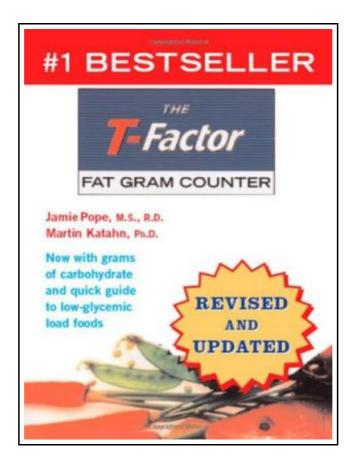
## The T-Factor Fat Gram Counter Revised and Updated



Filesize: 8.66 MB

### Reviews

This composed pdf is great. It usually will not cost too much. I am very easily can get a pleasure of reading a composed book.

(Luis Klein)

#### THE T-FACTOR FAT GRAM COUNTER REVISED AND UPDATED



W. W. Norton & Company. Paperback. Book Condition: New. Paperback. 104 pages. Dimensions: 5.5in. x 3.8in. x 0.7in.Thoroughly revised and updated; over 6 million copies sold! The easy-to-use pocket-sized guide designed to help you make smart, healthy food choices and take control of your weight. In this newly revised edition of the New York Times bestseller, Jamie Pope and Martin Katahn offer an informative, practical guide to low-fat eating that will help you lose weight while lowering your risk of disease. With listings of more than 2, 000 foods, youll find all the valuable information you need to make informed decisions about your diet. In this edition, the authors have updated listings, including total fat, saturated fat, calories, fiber, and sodium in the foods you eat each day; and they have, for the first time, listed grams of carbohydrates for each food. With up-to-date information on disease-fighting phytochemicals, the best sources of essential vitamins and minerals, and cholesterol content for many foods, this is an invaluable guide for anyone concerned with optimizing their food choices, achieving a healthy body weight, and preventing disease. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

- - Read The T-Factor Fat Gram Counter Revised and Updated Online
  - Download PDF The T-Factor Fat Gram Counter Revised and Updated

#### See Also



#### DK Readers Disasters at Sea Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. From fog, ice, and rocks to cannon fire and torpedo attacks--read the story of five doomed sea voyages and the fate...

Read ePub »



#### Tiger Tales DK Readers, Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.7in. x 5.7in. x 0.2in. Hunter or hunted How much longer will these magnificent beasts prowl the plant These stories will touch your heart. The 48-page...

Read ePub »



# Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in.  $\times$  6.0in.  $\times$  0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Read ePub »



#### Scala in Depth

Manning Publications. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.2in. x 7.3in. x 0.8in.Summary Scala in Depth is a unique new book designed to help you integrate Scala effectively into your development process. By...

Read ePub »



#### The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

Read ePub »