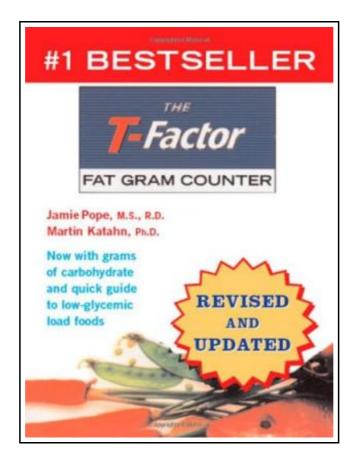
The T-Factor Fat Gram Counter Revised and Updated



Filesize: 3.84 MB

Reviews

This written publication is wonderful. It is probably the most incredible publication i actually have read through. Its been written in an extremely basic way in fact it is merely following i finished reading this publication where basically transformed me, alter the way i believe. (Adan Fritsch)

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 Document »



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 Document »



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. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Read Document »



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 Document »



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 Document »



Get Up and Go

Puffin. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 10.0in. x 7.7in. x 0.3in.We all come in different shapes and sizes, and it doesnt matter if you are tall, short, skinny, or round. Your body

Download ePub »



DK Readers Robin Hood Level 4 Proficient Readers

DK CHILDREN. Paperback. Book Condition: New. Nick Harris (illustrator). Paperback. 48 pages. Dimensions: 8.4in. x 5.7in. x 0.2in. Discover the rollicking exploits of Robin and his merry men as they take from the rich and give

Download ePub »



The Stories Julian Tells A Stepping Stone BookTM

Random House Books for Young Readers. Paperback. Book Condition: New. Ann Strugnell (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 5.0in. x 0.4in. Julian is a quick fibber and a wishful thinker. And he is great at

Download ePub »



Absolutely Lucy #4 Lucy on the Ball A Stepping Stone BookTM

Random House Books for Young Readers. Paperback. Book Condition: New. David Merrell (illustrator). Paperback. 112 pages. Dimensions: 7.4in. x 5.1in. x 0.4in.llene Coopers fourth story of a boy and his beagle takes Bobby and Lucy

Download ePub »



Gypsy Breynton

Echo Library. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.Hon. Gypsy Breynton, Esq., M. A., D. D., LL. D., c., c. Gypsy Breyiiton, R, R.

Download ePub »