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The Dieter's Companion

A Guide to Nutritional Self-Sufficiency

including

DIET INDEX

A digest and evaluation of popular diets including Weight Watchers, Atkins, Natural Foods, Vegetarianism, Macrobiotics, etc., plus therapeutic diets.

DIET SURVEY

Your own nutritional intake measured by YOU.

TABLES OF FOOD CONTENT

The most comprehensive and detailed tables available. All food values by both weight and measure.

by Nikki & David Goldbeck

The Dieters Companion A Guide To Nutritional Self Sufficiency

Barbara Kraus



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