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The Quick and Easy Fat Gram & Calorie Counter Lynn Sonberg, 1992-02-01 centerFats The Bad Guys in Your Diet Fats pack more than twice the calories into every gram than either protein or carbohydrates Recent studies show that it s the amount of fat you eat that will determine your weight In addition a high fat diet increases your risk of heart disease and cancer The American Heart Association and the National Cancer Institute recommend you get no more than 30 percent of your daily calories from fat The Quick and Easy Fat Gram Calorie Counter will show you how Count Fat Grams for Healthy Weight Loss It s easy Tired of balancing calories cholesterol fat and fiber intake Just count fat grams and everything else will fall into place The Quick and Easy Fat Gram Calorie Counter does all the work for you It provides fat gram counts for 2 500 basic brand name and fast foods and gives you the calorie count and percentage of calories that come from fat h5centerTry The New Easier More Effective Way to Stay Slim and Healthy **The Calorie Counter, 5th Edition** Jo-Ann Heslin, Karen J Nolan, 2009-12-29 Health Easy Calorie, Carb, Fat, Fiber & Protein Counter Helena Schaar, 2015-11-03 A comprehensive and easy to use calorie nutrient counter Alphabetical listings for quick calorie carbohydrate fat fiber and protein counts All your favorite foods fast food restaurants beverages alcohol Contains about 3 500 listings Slim sized to fit in a purse or briefcase or download to your favorite device in ebook format The Easy Lifetime Diet Exercise Guide is included inside in this book Read all the secrets to safe easy effective and permanent results in managing your weight Includes information about understanding calories calorie expenditure lifestyle activity factors and simple tips for achieving your fitness goals Also by this author the DIY Anti Aging Beauty Checklist

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