

**THE HOLLYWOOD  
EMERGENCY DIET**

**By  
Frank Downing  
with Oleg Bardoff**

# The Hollywood Emergency Diet

**Downing & Bardoff**



## **The Hollywood Emergency Diet:**

**The Hollywood Emergency Diet** Frank Downing,1981      *The Hollywood Emergency Diet* Downing & Bardoff,1978

Low-Calorie Foods Handbook Altschul,1993-03-12 This reference examines all aspects of low calorie foods including their history technology ingredients governing regulations position of the food market and future prospects while addressing the medical and social rationale for their development Discussing the full range of processed foods that mimic existing foods Low Calorie Foods Handbook provides a detailed understanding of the materials that make sugar and fat substitutes possible such as artificial sweeteners bulking agents protein based fat replacers and noncaloric and low calorie oils offers examples of technical problems that must be solved to make low calorie foods equal in taste smell and texture to their normal counterparts describes food marketing nutrition education recipe formulation and the regulations that help consumers decide to use or avoid low calorie foods highlights the problem of obesity changing dietary patterns the role of low fat diets and the effects of artificial sweeteners on sugar consumption and explains current research on fat reduction in meats and strategies used for replacing fat and sugar With the contributions of nearly 40 leading experts Low Calorie Foods Handbook is a guide for food scientists and technologists food marketing specialists managers and executives in the food industry dieticians and nutritionists primary care physicians internists cardiologists and graduate level and continuing education students in food design food and disease and obesity courses      Rating the Diets Theodore Berland,1983      **Losing it** Laura Fraser,1997 This probing social and cultural history of our preoccupation with weight blows the whistle on a multi billion dollar industry that feeds on insecurity Laura Fraser demonstrates that far from helping most people lose weight the vast agglomeration of diet profiteers contributes to both our weight obsession and our obesity      **Goodbye, Fatty! Hello, Skinny!** Kim Rinehart,2009-05 Is this you You go on a diet you lose a little weight you stop dieting you gain back more weight Do you go through an endless cycle of counting calories and watching everything you put into your mouth but nothing ever seems to work Author Kim Rinehart was like this too After being stymied by diets that required special foods or special preparation she finally found a way that was easy and relatively painless One that allowed her to eat what she wanted and still lose weight What s even better is that she could eat cheeseburgers and french fries or whatever else she liked while doing it It s also so easy that anyone can do it Sound too good to be true It s not Kim Rinehart s memoir of weight loss Goodbye Fatty Hello Skinny How I Lost Weight And Still Ate The Foods I Loved Without Dieting will show how you to lose weight by simply rearranging your eating habits This is not your ordinary weight loss book This one actually works      **The Publishers Weekly** ,1981      Fatass No More! Kim Rinehart,2011-11 So you want to lose weight Well so did Kim Rinehart In fact she wanted to lose it so badly she went on diet after diet looking for something that would make her skinny again However none of them worked and what was worse some of them even made her gain more weight So after being stymied by diets that required special foods or special preparation she struck out on her own devising her own plan to lose weight while

still eating the foods she loved even cheeseburgers and french fries And it worked What s even better is that it s so easy anyone can do it Told with humor *Fatass No More How I Ate Cheeseburgers and Fries and Still Lost Weight* is a real person s story of weight loss which will show how you too can lose weight by simply rearranging your eating habits This is not your ordinary weight loss book This one actually works This newly reissued updated edition contains a bonus chapter on how the author dealt with the problem of baby weight *Way to Go Wally Phillips*,1985 **How to Be Slimmer, Trimmer and Happier** Frances M. Berg,1983 Discusses how young people must change their life styles in order to lose weight and keep trim *Popular Nutritional Practices* Jack Z. Yetiv,1986 Abstract A scientific reference text for medical students physicians paramedical professionals and the lay public presents technical discussions on the truths and fallacies and knowledge limits for a wide variety of food and nutrition controversies and their effect on public health American Bookseller ,1980 **National Union Catalog** ,1982 Includes entries for maps and atlases *Press Summary - Illinois Information Service* Illinois Information Service,1979 **Press Releases** Columbia Broadcasting System, Inc,1938 **National Union Catalog, 1982** ,1983 *American Book Publishing Record* ,2004 Law Enforcement Report ,1982 **Hollywood's Classic Comedies Featuring Slapstick, Romance, Music, Glamour Or Screwball Fun!** John Howard Reid,2007-06-26 200 films reviewed and rated covering all genres of movie comedy from slapstick to sardonic from madness to manners Featured comedians include Bud Abbott and Lou Costello Stan Laurel and Oliver Hardy Bert Wheeler and Robert Woolsey W C Fields Will Rogers Bob Hope Buster Keaton Harold Lloyd Bing Crosby The Three Stooges Eddie Cantor Charlie Chaplin Jacques Tati Sid Field The Crazy Gang George Burns and Gracie Allen Jack Hulbert Joe E Brown Ole Olsen and Chic Johnson Clifton Webb Red Skelton Ronald Shiner Cecil Kellaway Norman Wisdom Frankie Howerd Toto Arthur Askey Katharine Hepburn Cary Grant Claudette Colbert Fred Astaire Ginger Rogers Joan Davis Marjorie Main Percy Kilbride Stanley Holloway Penny Singleton and Arthur Lake *Bon Appétit* ,1999-07

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