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THE FAT GRAM COUNTER



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The T-factor Diet Martin Katahn, 2001 A new diet program based on the latest metabolic research shows readers how to choose foods that maximize their T factor The use of complex carbohydrates to burn calories and presents exercises recipes and meal plans

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The Ultimate Calorie, Carb, and Fat Gram Counter Lea Holzmeister, 2006-03-07 If you want to eat healthier and make smarter choices when you shop you'll want to use this comprehensive guide to listings of nutritional facts for more than 7 000 popular foods Written by a registered dietitian it contains food listings for everything from fast food chains to prepackaged foods

Fat Counter Corinne T. Netzer, 1987 From the author of The Brand Name Calorie Counter comes this easy to use guide to the fat content in fresh and cooked foods and brand name food products from fast food burgers to specialty ice creams It also provides a simple satisfying and totally effective 1 000 calorie diet plan guaranteed to produce a slimmer healthier body

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