

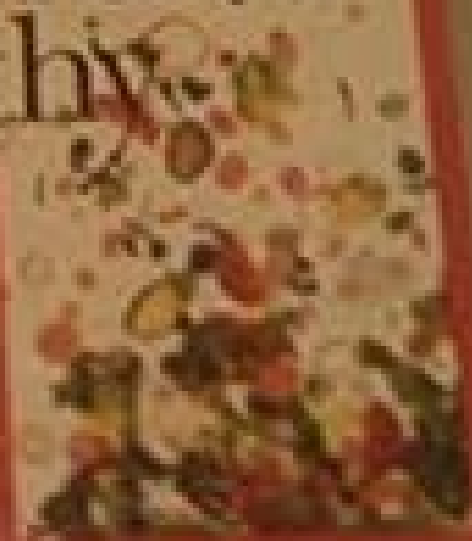
The American Dietetic Association

Smart GuideSM Getting Thin & Healthy



Smart GuideSM is a new series of books that will help you make smart choices about your diet and lifestyle. Each book in the series is written by a leading expert in the field and is designed to be a practical guide to making smart choices. The Smart GuideSM series includes:

- Smart GuideSM to Healthy Eating
- Smart GuideSM to Healthy Living
- Smart GuideSM to Healthy Aging
- Smart GuideSM to Healthy Children
- Smart GuideSM to Healthy Pregnancy
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Smart Guide To Getting Thin And Healthy

Marco Cascella



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