

COUNTDOWN TO A
HEALTHIER YOU!

THE FAT GRAM COUNTER



JUDITH ZIMMER, editor
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The Fat Gram Counter

Martin Katahn, Jamie Pope



The Fat Gram Counter:

The Fat Gram Counter Judith Zimmer,1987-02 Now revised and updated The Fat Gram Counter is essential in helping you live a healthier and longer life [Dana Carpender's Keto Fat Gram Counter](#) Dana Carpender,2019-10-01 Need help figuring out what you can and can't eat on your keto diet Low Carb Queen Dana Carpender takes the guesswork out of knowing which foods are on or off the table with this handy little guide This book includes a comprehensive directory of total fat carbs protein fiber and calorie amounts for countless types of food from meat fruits and vegetables to popular packaged and restaurant foods Also included are the best keto low carb tips from the Low Carb Queen herself This is a perfect quick reference to help you balance your macronutrients for a successful keto low carb intermittent fasting lifestyle Grab this little book and carry it in your purse pocket or briefcase and you'll never struggle to stay keto

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 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

The Good Fat, Bad Fat Counter Sheila Buff,2025-09-23 Protect your heart health At a glance information on trans fats saturated fats monounsaturated fats polyunsaturated fats cholesterol in over 1500 brand name and common foods Avoid killer fats Which of these high fat foods should you avoid Nuts Avocados Steak Margarine Potato chips You probably know about the health risks of consuming saturated fat and high cholesterol foods But did you know the real killer is trans fats a common fat in packaged foods and baked goods This handy counter identifies all types of fats in the foods you eat including trans fats And health writer Sheila Buff clearly explains which are the bad fats you need to avoid and which good fats are a must for lifelong health Eating fats wisely is a key to maintaining heart health and reducing your risk of cancer stroke and diabetes This volume puts you in control Don't miss Where the killer fats lurk and how you can avoid them Why margarine isn't healthier than butter and why it may be harmful to your heart The role of trans fats in childhood obesity and asthma Beneficial effects of fish oil olive oil and flax seed oil Why a low fat diet is not the best diet The Mediterranean diet a way to live longer and healthier Snack foods high in trans fats low

in nutrition **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 **The Complete Good Fat/ Bad Fat, Carb & Calorie Counter** Lynn Sonberg,2011-02-22 The history of diets weightloss and health has been a volatile one Once we thought that calories were all that mattered then we decided it was fat that was the enemy then came the low carb craze The current conventional wisdom is that there s no one easy answer and all of these factors contribute to weight gain and health in different ways Perhaps the most unexpected discovery is that some fats like olive oil and omega fats are actually good for you This book is the first available resource that really gets to the bottom of current dietary thinking It is invaluable for calculating the amount and type of fats calories and carbs in over 3 500 foods commonly found on supermarket shelves and in restaurants For dieters on everything from the South Beach Diet to the Mediterranean Diet to the Fat Smash Diet this is the go to resource for getting the most up to date and complete nutrition information available **The T-Factor Fat Gram Counter** Martin Katahn,Jamie Pope,1995-04-17 This is the book that made publishing history and started a revolution in the way Americans think about what they eat Now for the first time it is available in a trade edition with larger more readable type The T Factor Fat Gram Counter grew out of The T Factor Diet the first popular diet book to show that fat was and is the major culprit in the American diet All calories Dr Martin Katahn told us are not created equal his metabolic studies showed that the fat we consume in our food as opposed to the carbohydrate and protein is converted most efficiently to body fat and may lead to such conditions as cancer hypertension heart disease and diabetes The T Factor Fat Gram Counter tells you everything you need to know to cut the hidden fat out of your food It also provides a brief overview of vital diet and exercise principles and target levels of fat consumption for men and women at varying body weights Once you understand the role of dietary fat you are liberated forever from the need to cut calories or even restrict your overall intake of food Spend a few minutes a day checking the fat levels in various foods and making sensible choices and you are well on your way to a longer happier and healthier life **The Ultimate Calorie Counter** Sheila Buff,2025-06-25 Say goodbye to crash diets hunger pangs cravings and diet drug health writer Sheila Buff tells you everything you need to know to lose weight safely and easily and keep it off in The Ultimate Calorie Counter At a glance calorie counts on the foods and beverages Americans commonly eat including brand names and fast food restaurants Charts to pinpoint your optimal calorie intake Expert tips for cutting calories without eating less Great calorie saving food substitutions Fastest fat burning exercises How to enjoy dining out while counting calories **The Rotation Diet** Martin Katahn,2011-12-26 Lose those unwanted pounds and keep them off once and for all with an easy three week diet The Rotation Diet s unique and simple plan varies the daily calorie intake over a three week period leading to an average weight loss of 13 pounds Users who have a great deal of weight to lose may drop up to a pound per day in week one When The

Rotation Diet was first published more than seventy thousand Nashvillians went on the diet and weighed in weekly at supermarkets The results showed that the city became almost a million pounds lighter This new updated and revised edition of The Rotation Diet offers a scientifically proven maintenance plan that requires only small changes to establish a permanently healthier lifestyle There are tasty new recipes and menus based on USDA and HHS dietary guidelines and numerous examples show how people who have changed their lives achieved success as they built weight management confidence

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