

The Healthy Diet Calorie Counter



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Calorie counters have a new weapon against fat--a comprehensive guide to over 600 foods, targeting those with empty calories that make people want to eat more, and highlighting the healthy ones that control weight, prevent disease, taste great, and leave dieters satisfied. Every entry, in all the major food groups, receives descriptions of its natural nutrient contents including carbohydrates, fats, proteins, vitamins, minerals, and trace elements. Tips on planning meals for nutrition and weight loss ensure a truly balanced diet every day, based on a wide variety of choices, even including processed foods, meat, desserts, and alcoholic drinks. A special "Calorie Point System" shows how to prepare any dish to reduce empty calories and increase the ones that pull their weight.

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