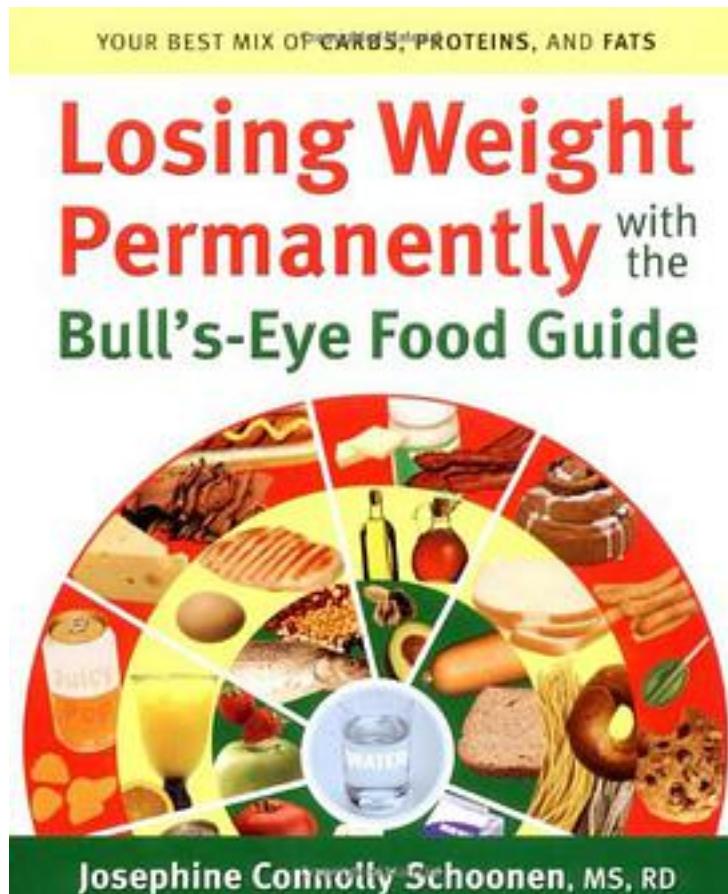


Losing Weight Permanently with the Bull's-Eye Food Guide



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Dieters who have been struggling to find that magical balance of proteins, fats, and carbs will be relieved to learn the key to this handbook: that the perfect mix is actually different for each person. Along with a guided self-assessment for determining an

individual's ideal ratio, this book presents an easy, graphical system for making daily food choices and executing a plan of long-term weight loss. Using an accessible, practical approach, the author shares key findings from her years as a dietitian and obesity researcher.

作者介绍:

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