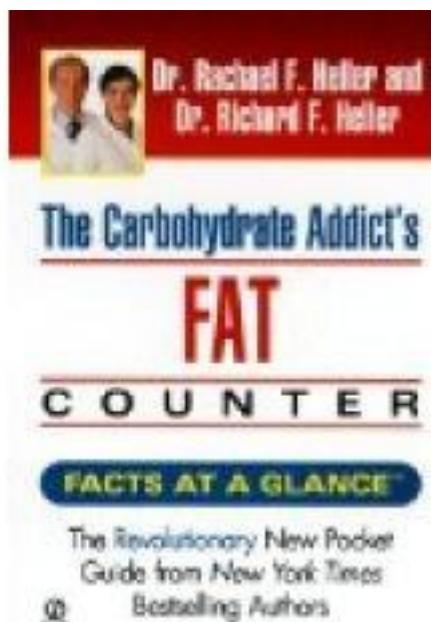


The Carbohydrate Addict's Fat Counter



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著者:Heller, Rachael F.

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With their many New York Times bestsellers, the Carbohydrate Addict's experts, Drs. Rachael and Richard Heller, changed the way we think about dieting--with smart, sensible advice that ended the "yo-yo" cycle of gaining/losing weight. Now they have created the easiest, fastest, most user-friendly pocket diet guides, with all the information you need to know about your

favorite foods, brands, and restaurants

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