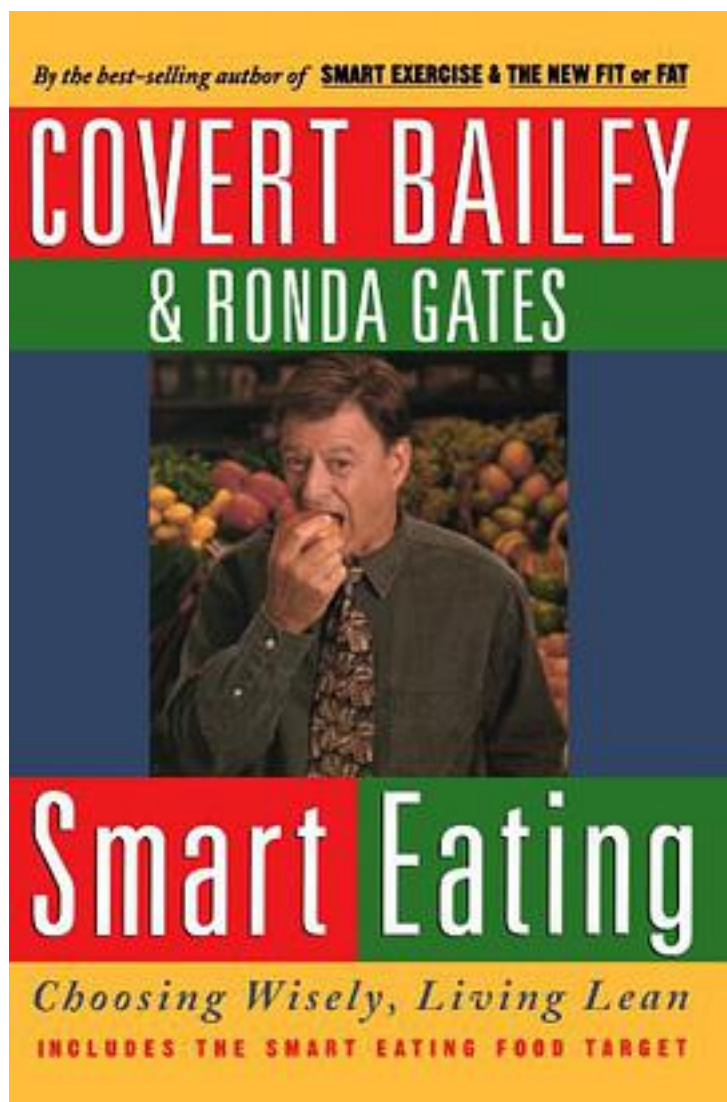


Smart Eating



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著者:Bailey, Covert

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In this companion volume to his best-selling Smart Exercise, Covert Bailey teams with Ronda Gates to show you how to achieve and maintain your ideal weight without ever dieting. The secret is choosing the right foods, and the authors tell you exactly what your body needs. Especially useful is the unique Smart Eating Food Target, a pull-out diagram that grades foods according to their fat and fiber content. And the 200 recipes specifically keyed to the Food Target make it easy to cook meals that are as nutritious as they are tasty.

作者介绍:

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