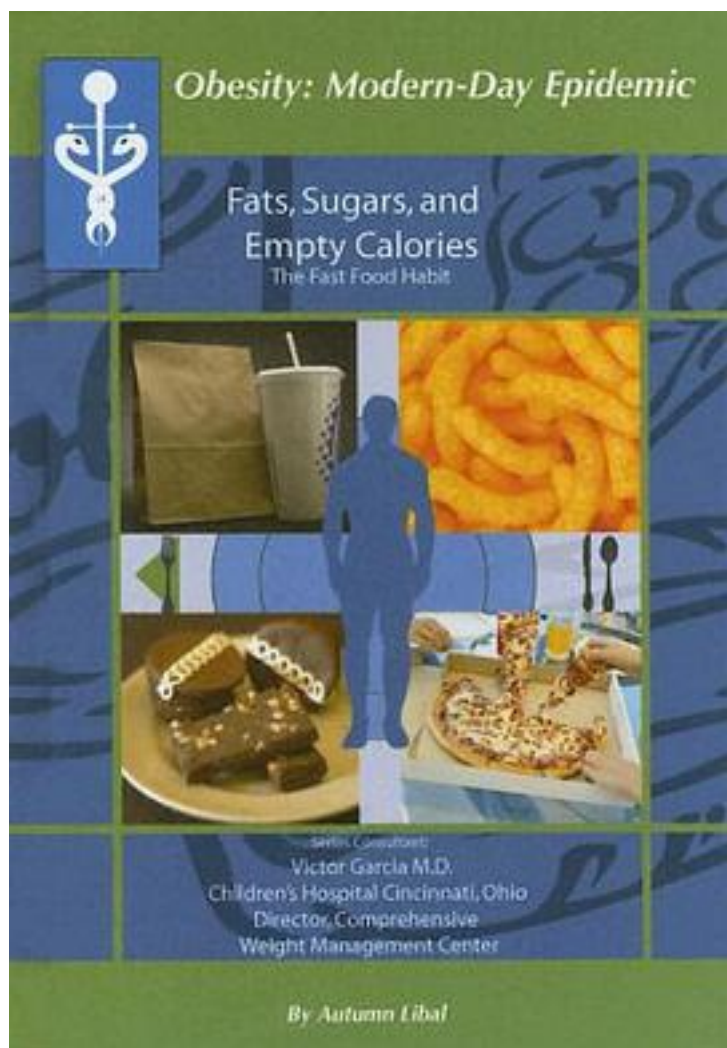


Fats, Sugars, and Empty Calories



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We've all heard the latest research reported in the news: Americans are overweight--and obesity has health implications as serious as smoking. What's more, our young people are at risk; 15 percent of all children between the ages of six and nineteen are overweight, and their numbers are growing. OBESITY: MODERN-DAY EPIDEMIC takes a look at this urgent issue from various perspectives. Consistent from book to book is the outlook that this is a lifestyle issue, and all of us are at risk. These books do not perpetuate the myth that each individual must conform to the media images of super-thin models. Instead, the books' timely information empowers readers to make necessary lifestyle choices, choices that will ensure a lifetime of good health.

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