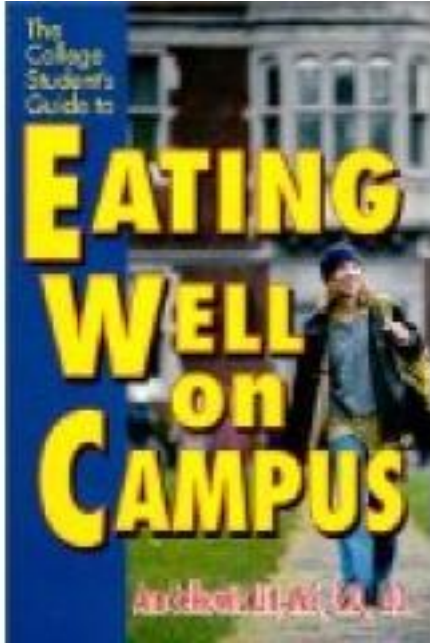


# The College Students Guide to Eating Well on Campus



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Revised and expanded from the original information packed no-nonsense guide for college students. Learn how to beat the Freshman 15, what's in the food you eat and how to manage your special food situation on campus. Summaries of popular weight loss diets are reviewed.

作者介绍:

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