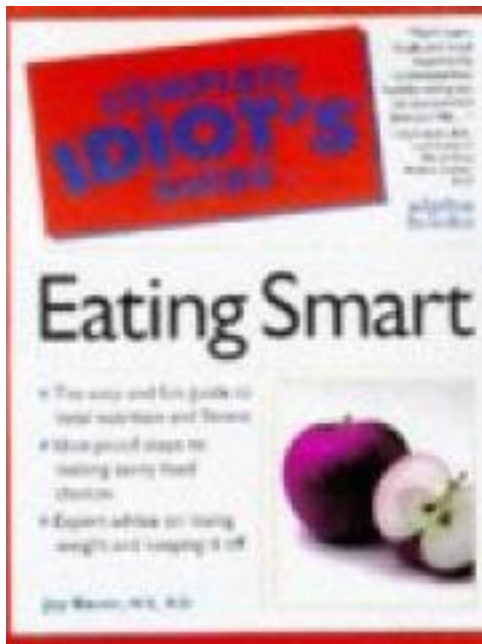


# Complete Idiots Guide To Eating Smart The Complete Idiots Guide



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You're no idiot, of course. You take your vitamins every day, pick the low-fat muffin over its sinful twin, and even muster up just enough energy to take an occasional brisk walk. But when it comes to figuring out how to incorporate the five food groups into your diet and stay on a realistic exercise program for life, you feel like you're trying to solve a mystery without any clues. Don't give up yet! The Complete Idiot's Guide to Eating Smart provides you with everything you need to know about eating healthy and staying fit--a nutrition tune-up for life! Feel confident about deciphering nutrition labels going to the grocery store and restaurants, and managing your weight. In this Complete Idiot's Guide, you get:

作者介绍:

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