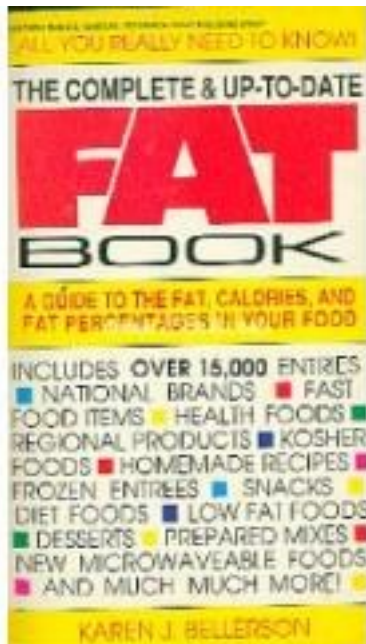


The complete & up-to-date fat book: A guide to the fat, calories, and fat percentages in your food



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著者:

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Amazon.com The title of this book does not lie: it tells you the fat content of every food imaginable, from raw alligator (14 percent of its calories are derived from fat) to zucchini (9 percent, unless you're talking about Ore-Ida breaded zucchini, which has eight grams of fat per serving). The back of the book contains a useful guide to the fat in fast-food and chain-restaurant fare (Denny's Moons Over My Hammy has 66 grams of fat, which is a full day's worth for many people). The front of the book contains an interesting and accessible introduction to fat: what it is, what it does,

how much of it you need (and you do need some), how to cut it out of your diet a little at a time. The only drawback to this book is that it doesn't tell you anything about food other than fat and calorie counts. If you're concerned about the total nutritional profile of foods--protein, fiber, sugar--you have to look elsewhere. --This text refers to an out of print or unavailable edition of this title. Book Description With more than 2.5 million copies sold, The Complete & Up-to-Date Fat Book is the most comprehensive resource of its kind. An invaluable tool for any health-conscious consumer, this revised edition of The Complete & Up-to-Date Fat Book lists fat and calorie information for more than 30, 000 foods, including the percentage of calories derived from fat. This comprehensive guide helps you make healthier meal choices by listing the fat content of favorite foods you find at the grocery store-health foods, frozen entrees, prepared mixes, and kosher foods-as well as of meals at all the most popular fast-food restaurants. The introduction outlines strategies for healthy eating and offers tips for cutting excess fat from your diet, showing how anyone can lose weight and stay healthy with a diet low in fat. --This text refers to the Paperback edition. See all Editorial Reviews

作者介绍:

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书评

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