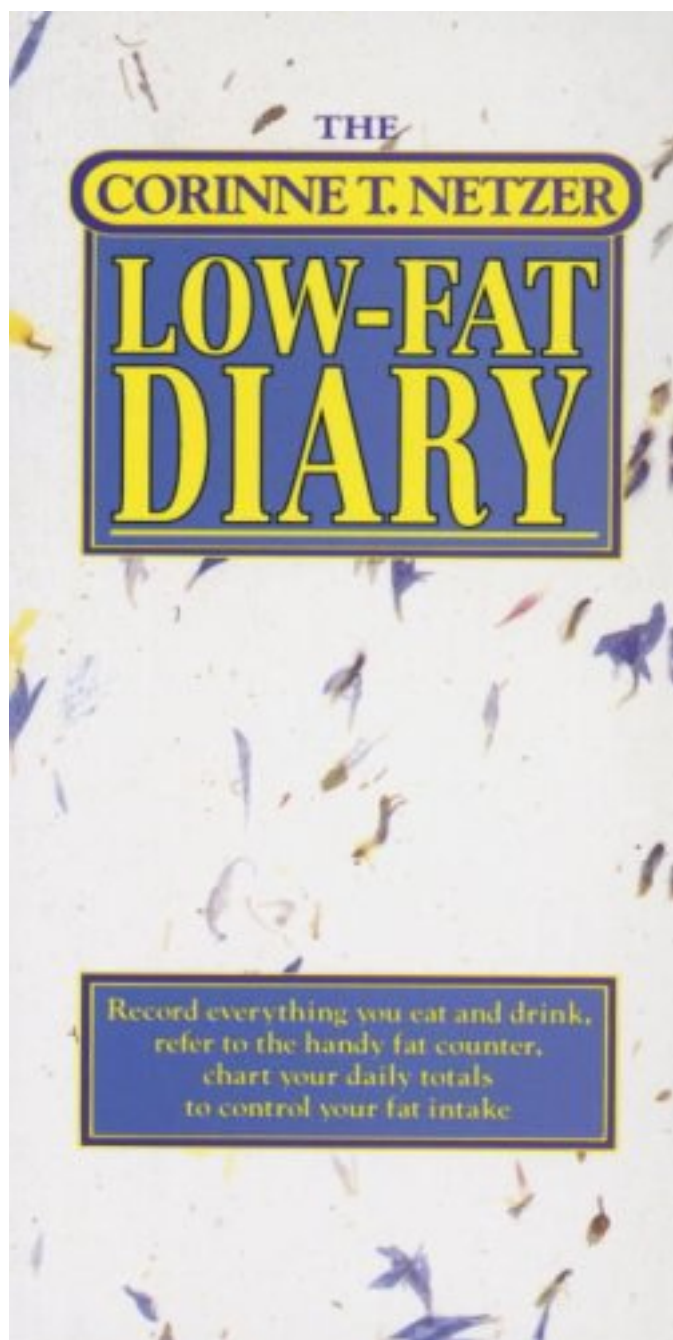


The Corinne T. Netzer Low-Fat Diary



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For those looking to monitor their intake of fat, this handy spiral-bound diary--with an A-to-Z listing of the fat gram content of foods--is the perfect tool for tracking daily fat gram totals and keeping them within healthy limits. Included in this easy-to-use aid to healthier living are daily logs, tips for sticking to a low-fat diet and more.

作者介绍:

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