

RONALD M. DEUTSCH

The Fat Counter

Guide

INTRODUCING THE FAT COUNTER—
AN AMAZINGLY SIMPLE SHORT CUT TO
WEIGHT CONTROL AND BETTER NUTRITION

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WOMAN'S DAY

The Fat Counters Guide

Allan Borushek



The Fat Counters Guide:

The Fat Counter Annette B. Natow, Jo-Ann Heslin, 2008-12-30 Celebrating 20 years in print this invaluable guide shows readers how to reduce fat intake lose weight and protect their health It contains the most up to date listings for restaurant chains and take out foods as well as the latest news on trans fats food labels and more Reissue *The Fat Counter Guide* Ronald M. Deutsch, 1978 Fat Counter Guide Consumer Guide, Consumer Guide Editors, 1996-06 The best friend a waistline ever had this guide tracks total fat saturated fat cholesterol and caloric values for hundreds of everyday foods allowing readers to choose the best alternatives for a healthy diet Sensibly arranged by food group this book also has a guide to dining out including the breakdowns for specific menu items from most popular fast food chains Fat Counter Guide, 1995 The Good Fat, Bad Fat Counter Sheila Buff, 2002-05-19 Protect your heart health At a glance information on trans fats saturated fats monounsaturated fats polyunsaturated fats cholesterol in over 1500 brand name and common foods Avoid killer fats Which of these high fat foods should you avoid Nuts Avocados Steak Margarine Potato chips You probably know about the health risks of consuming saturated fat and high cholesterol foods But did you know the real killer is trans fats a common fat in packaged foods and baked goods This handy counter identifies all types of fats in the foods you eat including trans fats And health writer Sheila Buff clearly explains which are the bad fats you need to avoid and which good fats are a must for lifelong health Eating fats wisely is a key to maintaining heart health and reducing your risk of cancer stroke and diabetes This volume puts you in control Don't miss Where the killer fats lurk and how you can avoid them Why margarine isn't healthier than butter and why it may be harmful to your heart The role of trans fats in childhood obesity and asthma Beneficial effects of fish oil olive oil and flax seed oil Why a low fat diet is not the best diet The Mediterranean diet a way to live longer and healthier Snack foods high in trans fats low in nutrition *The Fat, Fibre and Carbohydrate Counter* Murdoch Books Pty Limited, 2003 The Fat Fibre and Carbohydrate Counter is a complete **The Complete Good Fat/ Bad Fat, Carb & Calorie Counter** Lynn Sonberg, 2011-02-22 The history of diets weightloss and health has been a volatile one Once we thought that calories were all that mattered then we decided it was fat that was the enemy then came the low carb craze The current conventional wisdom is that there's no one easy answer and all of these factors contribute to weight gain and health in different ways Perhaps the most unexpected discovery is that some fats like olive oil and omega fats are actually good for you This book is the first available resource that really gets to the bottom of current dietary thinking It is invaluable for calculating the amount and type of fats calories and carbs in over 3 500 foods commonly found on supermarket shelves and in restaurants For dieters on everything from the South Beach Diet to the Mediterranean Diet to the Fat Smash Diet this is the go to resource for getting the most up to date and complete nutrition information available *The Fat Gram Counter* Judith Zimmer, 1987-02 Now revised and updated The Fat Gram Counter is essential in helping you live a healthier and longer life The Carbohydrate Addict's Fat Counter Rachael F. Heller, Richard F. Heller, 2000 The authors whose

carbohydrate addicts program created a national stir after recent Oprah appearances release the first completely new approach to fat gram counting a fast easy to use at a glance format that will help readers stick to their diets All serving sizes are uniform High low comparisons list fats in descending order Helpful tidbits are also included *Allan Borushek's Pocket Calorie and Fat Counter* Allan Borushek,1992-03 **Cholesterol Counter Guide** Consumer Guide,Consumer Guide Editors,1990-05-03 For those who cannot read every label Consumer Guide s latest guide is a solution With listings of the fat and cholesterol content of a wide variety of common foods including name brands and fast foods this guide makes healthy eating as simple as turning a page **The Doctor's Pocket Calorie, Fat & Carbohydrate Counter** Allan Borushek,1999-11 Color edition updated for 2000 A user friendly directory of nutritional information for calories fat carbohydrates sodium cholesterol calcium protein iron alcohol and caffeine plus up to the minute objective data on commercial food products and fast food A must for anyone trying to lose weight or adopt a healthier lifestyle One reviewer said It s definitely America s best calorie counter Fat Counter Corinne T. Netzer,1987 From the author of The Brand Name Calorie Counter comes this easy to use guide to the fat content in fresh and cooked foods and brand name food products from fast food burgers to specialty ice creams It also provides a simple satisfying and totally effective 1 000 calorie diet plan guaranteed to produce a slimmer healthier body **The Calorie Counter** Annette B. Natow,1997-09 Now updated with calorie counts for more than 20 000 foods The Calorie Counter can help readers balance the number of calories they eat with the number of calories they burn discover effective ways to burn calories and determine how many calories are needed on a daily basis to keep their bodies running properly Original The Doctor's Pocket Calorie, Fat and Carbohydrate Counter 1999 Allan Borushek,1998-12 User friendly directory of nutritional information for all the major food groups plus objective data on commercial food products and fast food A must for anyone trying to lose weight or adopt a healthier lifestyle **The Carbohydrate Addict's Carbohydrate Counter** Rachael F. Heller,Richard F. Heller,2000 With their many New York Timesbestsellers the Carbohydrate Addict s experts Drs Rachael and Richard Heller changed the way we think about dieting with smart sensible advice that ended the yo yo cycle of gaining losing weight Now they have created the easiest fastest most user friendly pocket diet guides with all the information you need to know about your favourite foods brands and restaurants **The Cholesterol Counter** Annette B. Natow,Jo-Ann Heslin,1996 This must have guide is updated with thousands of new entries for foods to suit all tastes and lifestyles as well as the most up to date information on maintaining a healthy heart and diet **The Dieter's Calorie Counter** Corinne T. Netzer,1998 Fully revised and updated for the first time in nearly six years this comprehensive easy to use reference is fully alphabetized for quick reference and updated with all new listings of fresh frozen brand name and generic foods this book is a dieter s best friend American Heart Association Fat and Cholesterol Counter American Heart Association,1991 The American Heart Association presents a pocket sized guide to help consumers keep track of their daily intake of fat and cholesterol Charts list the total fat saturated

fat salt and cholesterol content in common foods from every food group Along with the charts is helpful information in preventing heart disease diet and other risk factors definitions of key terms and an explanation of the American Heart Association diet The Corinne T. Netzer Carbohydrate Counter Corinne T. Netzer, 1998 Whether working out training for a specific sport bodybuilding weight watching or following a doctor's diet this updated classic is chock full of the information needed to organize the amount of carbohydrates in a daily eating plan

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