



# The Complete Up-to-Date Fat Book

*Karen J. Bellerson*

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# The Complete Up-to-Date Fat Book

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**The Complete Up-to-Date Fat Book** Karen J. Bellerson

**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.

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