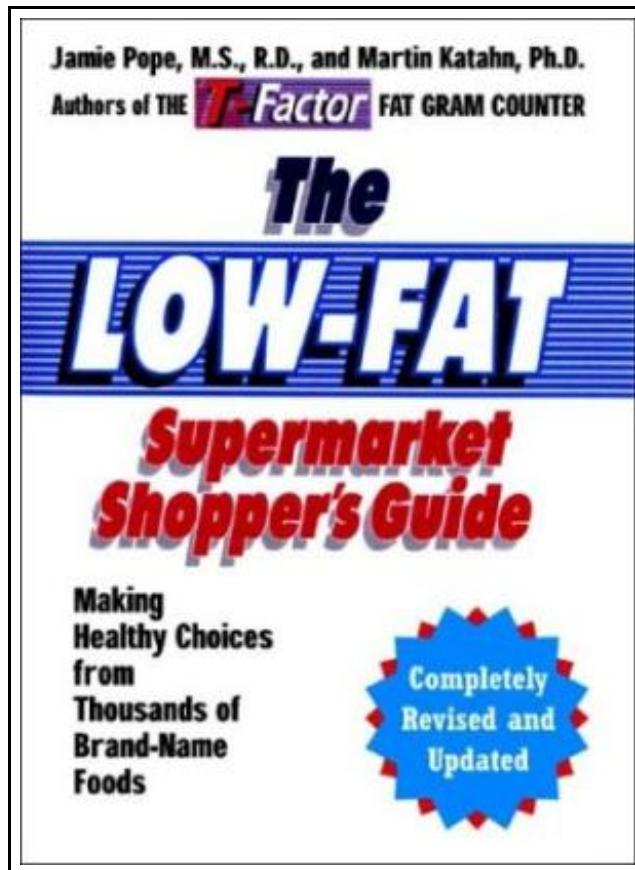


## The Low-Fat Supermarket Shopper's Guide: Making Healthy Choices from Thousands of Brand-Name Foods (Completely Revised and Updated)



Filesize: 8.74 MB

### Reviews

*This book is definitely worth getting. It usually will not price too much. Its been printed in an extremely simple way in fact it is only right after i finished reading this publication where basically altered me, modify the way i think.  
(Avery Daugherty)*

## **THE LOW-FAT SUPERMARKET SHOPPER'S GUIDE: MAKING HEALTHY CHOICES FROM THOUSANDS OF BRAND-NAME FOODS (COMPLETELY REVISED AND UPDATED)**



[DOWNLOAD PDF](#)

WW Norton & Co. Paperback. Book Condition: new. BRAND NEW, The Low-Fat Supermarket Shopper's Guide: Making Healthy Choices from Thousands of Brand-Name Foods (Completely Revised and Updated), Jamie Pope, Martin Katahn, The Low-Fat Supermarket Shopper's Guide offers quick and effective ways to bring all the benefits of a low-fat lifestyle to the table with maximum efficiency. This pocket guide will save the health-conscious shopper hours of standing in supermarket aisles examining and comparing food labels. The authors of the best-selling The T-Factor Fat Gram Counter have updated all listings of brand-name foods from every supermarket department. Their recommendations offer a reliable, time-saving method for shopping for long life and good health. In this revised and updated edition, grams of carbohydrates, total fat, saturated fat, cholesterol, calories, dietary fiber, and sodium have been added to all listings, and Web sites of over one hundred national food companies have been supplied. Perfect for anyone interested in maintaining a healthy lifestyle, The Low Fat Supermarket Shopper's Guide offers a wealth of reliable, up-to-date information.



[Read The Low-Fat Supermarket Shopper's Guide: Making Healthy Choices from Thousands of Brand-Name Foods \(Completely Revised and Updated\) Online](#)  
[Download PDF The Low-Fat Supermarket Shopper's Guide: Making Healthy Choices from Thousands of Brand-Name Foods \(Completely Revised and Updated\)](#)

## You May Also Like

---



### **Learn em Good: Improve Your Child's Math Skills: Simple and Effective Ways to Become Your Child's Free Tutor Without Opening a Textbook (Paperback)**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. From a certified teacher and founder of an online tutoring website-a simple and...

[Read ePub »](#)

---



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read ePub »](#)

---



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read ePub »](#)

---



### **Edge] the collection stacks of children's literature: Chunhyang Qiuyun 1.2 --- Children's Literature 2004(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: 2005 Pages: 815 Publisher: the Chinese teenager Shop Books all book....

[Read ePub »](#)

---



### **Sarah's New World: The Mayflower Adventure 1620 (Sisters in Time Series 1)**

Barbour Publishing, Inc., 2004. Paperback. Book Condition: New. No Jacket. New paperback book copy of Sarah's New World: The Mayflower Adventure 1620 by Colleen L. Reece. Sisters in Time Series book 1. Christian stories for...

[Read ePub »](#)