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BY THE EDITORS OF

**CONSUMERGUIDE®**

# FAT COUNTER GUIDE



The Easy Way  
to Keep Track of  
the Total Fat,  
Saturated Fat, and  
Cholesterol in  
Your Diet



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**ARCTIC ZONE**

# Fat Counter Guide By The Editors Of Consumer Guide

**DP Hallahan**



## **Fat Counter Guide By The Editors Of Consumer Guide:**

**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    **Consumer's Guide** ,1944    *Consumers' Guide* ,    Consumers' Guide United States. Agricultural Adjustment Administration, 1939    Forthcoming Books Rose Army, 1997-04    **Consumers Guide to Cancer Drugs** Gail M. Wilkes, Terri B. Ades, 2004 Information for medicines used to treat cancer or the symptoms of cancer including side effects of the drugs how the drug works which drugs are FDA approved how to take the drugs and the meaning of cancer treatment terms    **The Good Fat, Bad Fat Counter** Sheila Buff, 2025-09-23 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    **Principles and Management of Lipid Disorders** Albert Oberman, Robert A. Kreisberg, Yaakov Henkin, 1992 This text aims to provide essential background material for primary practitioners who treat lipid disorders and to serve as a practical guide for treatment of this condition For those interested in background material the first several chapters contain the scientific basis for treatment and more complex concepts are carefully explained with examples    *State Publications Directory* , 1996    Subject Guide to Books in Print , 1996    Fat Reduction Arline McDonald, 1996    **Medical and Health Care Books and Serials in Print** , 1997    **Medical Books and Serials in Print** , 1984    *Info Memo* , 1989    **American Book Publishing Record** , 1997    **Overweight Teenagers** Michael D. Lebow, 1995-08-21 Overweight Teenagers Don't Bear the Burden Alone is a straightforward guide designed to speak frankly to teenagers about what overweight is and how to confront it safely and effectively Dr Michael D LeBow an expert in the field of obesity studies stresses that young people must not judge their self worth solely by reading a weight scale Sensitive to teenagers lack of self esteem the author urges consideration of the pros and cons of controlling overweight Through a series

of revealing accounts with overweight teenagers and their parents Dr LeBow looks upon a number of important issues in particular the verbal abuse inflicted by peers the risks of possible illness in adulthood e g coronary heart disease diabetes hypertension cancer the importance of acknowledging and overcoming obstacles the value of positives in controlling actions and behavior to design a better overall environment and the contradictory eating protocols befalling teens at home school or in public places As a compassionate exceptionally beneficial advisor the author maintains that those who want to be thinner deserve access to safe rational methods of weight loss In addition the text is clarified by a comprehensive set of Recommended Dietary Allowances tables and an appendix of suggested readings Overweight Teenagers not only teaches but advocates the challenge to lose overweight without jeopardizing oneself without suffering stratagems destined to damage the body and depress the spirit By enlisting and accepting the aid of parents doctors and teachers teenagers will discover that they need not bear alone the burden of overweight Guidance counselors and school administrators physicians nutritionists behavioral psychologists and other health professionals will find this an important resource for helping teens Nutrition Education United States. Congress. House. Committee on Agriculture. Subcommittee on Domestic Marketing, Consumer Relations, and Nutrition, 1977

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