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# Fat free: Common sense for young weight worriers

Gilbert, Sara D

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# Fat Free Common Sense For Young Weight Worriers

**Brent Q. Hafen**



### **Fat Free Common Sense For Young Weight Worriers:**

Fat Free Sara D. Gilbert,1978 Discusses some social psychological and physiological reasons why people get fat examines some popular diets and advises young adults on losing weight      Health Education Marion C. Chafetz,1981-06-30 Summary 1197 entries to books dealing with current topics of disease prevention and health promotion Intended for layman and health personnel Covers specific areas of aging alcoholism and drug abuse fitness and exercise nutrition women s health health education environment industry and mental health Each entry gives bibliographic information and annotation Author index

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beverages and food additives Psychological sociological and etiological aspects of overweight and obesity are discussed Fads and fallacies of dieting are exposed and a sound weight loss and control approach is offered based on decreasing caloric intake increasing exercise and modifying behavior patterns Nutrient content of foods teaching ideas education sources and suggested menus for various types of daily nutrient intake also are included cj

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