



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

By Jamie Pope, Martin Katahn

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.



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