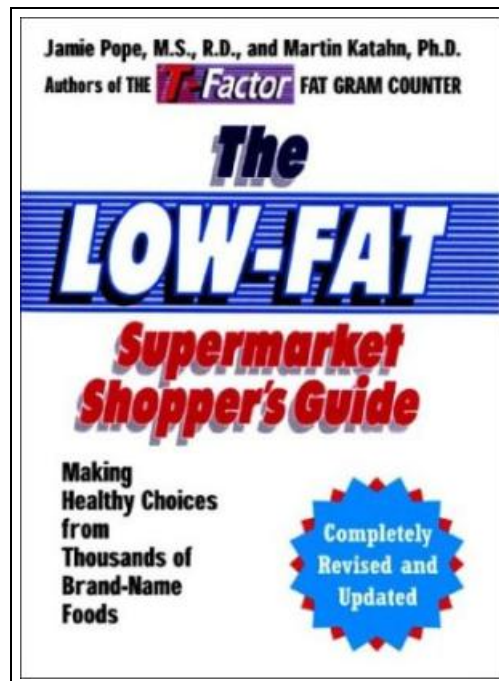


## The Low-Fat Supermarket Shopper's Guide: Making Healthy Choices from Thousands of Brand-Name Foods (Completely Revised and Updated)



Filesize: 8.15 MB

### **Reviews**

*Absolutely essential study publication. It usually fails to expense an excessive amount of. Your lifestyle period will probably be transform when you full looking at this publication.*

*(Ms. Allene Conroy)*

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



To read **The Low-Fat Supermarket Shopper's Guide: Making Healthy Choices from Thousands of Brand-Name Foods (Completely Revised and Updated)** eBook, please refer to the web link below and download the document or have accessibility to other information that are highly relevant to THE LOW-FAT SUPERMARKET SHOPPER'S GUIDE: MAKING HEALTHY CHOICES FROM THOUSANDS OF BRAND-NAME FOODS (COMPLETELY REVISED AND UPDATED) book.

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 \(Completely Revised and Updated\)](#)

## See Also



**[PDF] Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook**

Click the hyperlink listed below to read "Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook" file.

[Read PDF »](#)



**[PDF] 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)**

Click the hyperlink listed below to read "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)" file.

[Read PDF »](#)



**[PDF] 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)**

Click the hyperlink listed below to read "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)" file.

[Read PDF »](#)



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

Click the hyperlink listed below to read "Edge] the collection stacks of children's literature: Chunyang Qiuyun 1.2 --- Children's Literature 2004(Chinese Edition)" file.

[Read PDF »](#)



**[PDF] Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age**

Click the hyperlink listed below to read "Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age" file.

[Read PDF »](#)



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

Click the hyperlink listed below to read "Sarah's New World: The Mayflower Adventure 1620 (Sisters in Time Series 1)" file.

[Read PDF »](#)