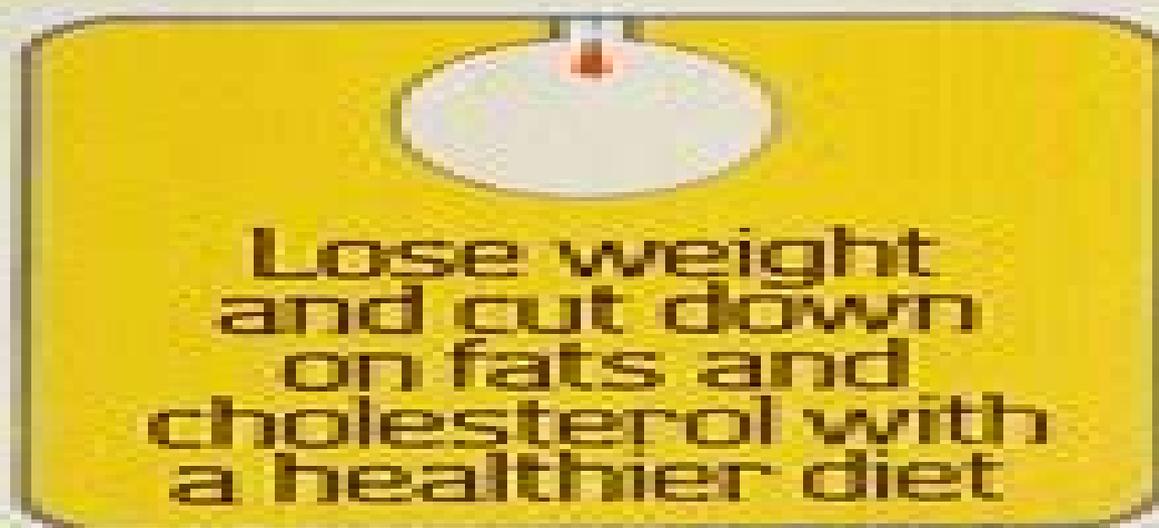


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THE FAT GRAM COUNTER



JUDITH ZIMMER, editor
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nutritional consultant

The Fat Gram Counter

Dana Carpender



The Fat Gram Counter:

The Fat Gram Counter Judith Zimmer, 1987-02 Now revised and updated *The Fat Gram Counter* is essential in helping you live a healthier and longer life

The Ultimate Calorie, Carb, and Fat Gram Counter, Fourth Edition Lee Ann Holzmeister, 2010-10-25 Offers nutritional information on approximately one thousand foods with counts for calories fats carbohydrates sodium fiber protein and cholesterol

The T-Factor Fat Gram Counter Martin Katahn, Jamie Pope, 1995-04-17 This is the book that made publishing history and started a revolution in the way Americans think about what they eat Now for the first time it is available in a trade edition with larger more readable type *The T Factor Fat Gram Counter* grew out of *The T Factor Diet* the first popular diet book to show that fat was and is the major culprit in the American diet All calories Dr Martin Katahn told us are not created equal his metabolic studies showed that the fat we consume in our food as opposed to the carbohydrate and protein is converted most efficiently to body fat and may lead to such conditions as cancer hypertension heart disease and diabetes *The T Factor Fat Gram Counter* tells you everything you need to know to cut the hidden fat out of your food It also provides a brief overview of vital diet and exercise principles and target levels of fat consumption for men and women at varying body weights Once you understand the role of dietary fat you are liberated forever from the need to cut calories or even restrict your overall intake of food Spend a few minutes a day checking the fat levels in various foods and making sensible choices and you are well on your way to a longer happier and healthier life

Fat Gram Counter Randi Aaron, Judith Zimmer, 1986

[The Quick and Easy Fat Gram & Calorie Counter](#) Lynn Sonberg, 1992-02-01 centerFats The Bad Guys in Your Diet Fats pack more than twice the calories into every gram than either protein or carbohydrates Recent studies show that it s the amount of fat you eat that will determine your weight In addition a high fat diet increases your risk of heart disease and cancer The American Heart Association and the National Cancer Institute recommend you get no more than 30 percent of your daily calories from fat *The Quick and Easy Fat Gram Calorie Counter* will show you how Count Fat Grams for Healthy Weight Loss It s easy Tired of balancing calories cholesterol fat and fiber intake Just count fat grams and everything else will fall into place *The Quick and Easy Fat Gram Calorie Counter* does all the work for you It provides fat gram counts for 2 500 basic brand name and fast foods and gives you the calorie count and percentage of calories that come from fat h5centerTry *The New Easier More Effective Way to Stay Slim and Healthy*

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The T Factor Fat Gram Counter tells you everything you need to know to cut the hidden fat out of your food It also provides a brief overview of vital diet and exercise principles and target levels of fat consumption for men and women at varying body weights Once you understand the role of dietary fat you are liberated forever from the need to cut calories or even restrict your overall intake of food Spend a few minutes a day checking the fat levels in various foods and making sensible choices and you are well on your way to a longer happier and healthier life [Fat Gram Counter](#) J. Zimmer,1991-03-01 **The**

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[The T-Factor Fat Gram Counter](#) Jamie Pope, M.S., R.D.,Martin Katahn, Ph.D., In This Newly Revised Edition of the New York Times bestseller Jamie Pope and Martin Katahn offer an informative practical guide to low fat eating that will help you lose weight while lowering your risk of disease With listings of more than 2 000 foods you ll find all the valuable information you need to make informed decisions about your diet In this edition the authors have updated listings including total fat saturated fat calories fiber and sodium in the foods you eat each day and they have for the first time listed grams of carbohydrates for each food With up to date information on disease fighting phytochemicals the best sources of essential vitamins and minerals and cholesterol content for many foods this is an invaluable guide for anyone concerned with optimizing their food choices achieving a healthy body weight and preventing disease **Dana Carpender's Keto Fat**

Gram Counter Dana Carpender,2019-09-17 Need help figuring out what you can and can t eat on your keto diet Low Carb Queen Dana Carpender takes the guesswork out of knowing which foods are on or off the table with this handy little guide This book includes a comprehensive directory of total fat carbs protein fiber and calorie amounts for countless types of food from meat fruits and vegetables to popular packaged and restaurant foods Also included are the best keto low carb tips from the Low Carb Queen herself This is a perfect quick reference to help you balance your macronutrients for a successful keto low carb intermittent fasting lifestyle Grab this little book and carry it in your purse pocket or briefcase and you ll never struggle to stay keto [The T-factor Fat Gram Counter](#) Jamie Pope,1994 [The Complete Good Fat/ Bad Fat, Carb &](#)

[Calorie Counter](#) Lynn Sonberg,2011-02-22 The history of diets weightloss and health has been a volatile one Once we thought that calories were all that mattered then we decided it was fat that was the enemy then came the low carb craze The current conventional wisdom is that there s no one easy answer and all of these factors contribute to weight gain and health in

different ways Perhaps the most unexpected discovery is that some fats like olive oil and omega fats are actually good for you This book is the first available resource that really gets to the bottom of current dietary thinking It is invaluable for calculating the amount and type of fats calories and carbs in over 3 500 foods commonly found on supermarket shelves and in restaurants For dieters on everything from the South Beach Diet to the Mediterranean Diet to the Fat Smash Diet this is the go to resource for getting the most up to date and complete nutrition information available The Ultimate Calorie, Carb, & Fat Gram Counter Lea Ann Holzmeister,2006 **The All-in-one Low Fat Gram Counter** Jean Carper,1980

The T-factor Diet Martin Katahn,2001 A new diet program based on the latest metabolic research shows readers how to choose foods that maximize their T factor The use of complex carbohydrates to burn calories and presents exercises recipies and meal plans **The Revised T-Factor Fat Gram Counter** Jamie Pope,Jamie Pope, M.S., R.D.,Martin Katahn,1991-05-01

The Fat Tooth Fat Gram Counter Joseph C. Piscatella,Bernie Piscatella,1993 The author of Controlling Your Fat Tooth presents an everyday action plan for maintaining a low fat lifestyle that can last a lifetime Developed as a take along guide the book lists the content of over 6 000 foods and includes an easy to use calculator and a pull out restaurant guide Charts throughout Fat Counter Corinne T. Netzer,1987 From the author of The Brand Name Calorie Counter comes this easy to use guide to the fat content in fresh and cooked foods and brand name food products from fast food burgers to specialty ice creams It also provides a simple satisfying and totally effective 1 000 calorie diet plan guaranteed to produce a slimmer healthier body The Corinne T. Netzer Fat Gram Counter Corinne T. Netzer,1992

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