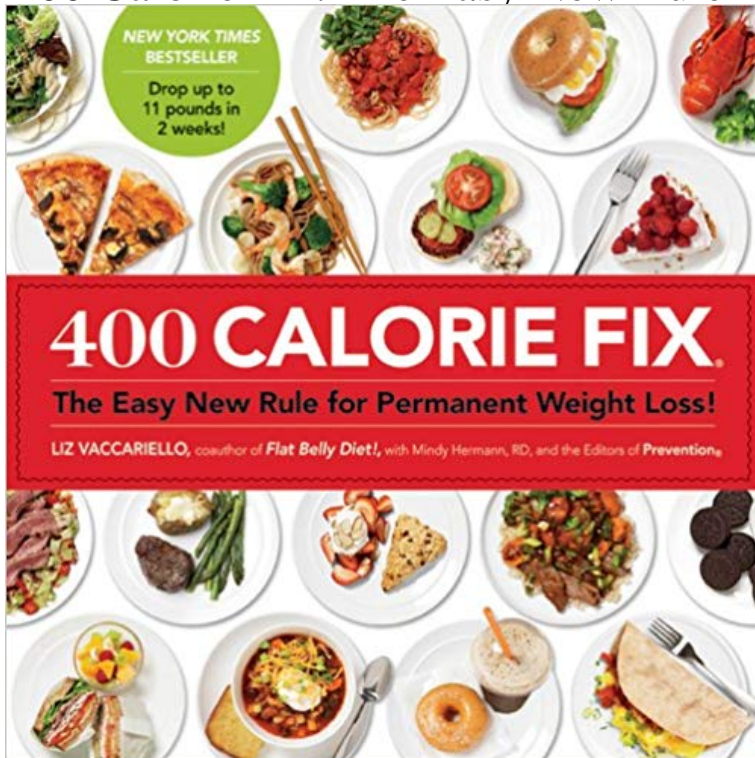


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The latest research shows that controlling calories is consistently the most successful weight loss method. Of course, counting calories is nothing new. But only 15 percent of us know how many calories we should eat to maintain a healthy weight. Most of us don't know how many calories are in the foods we eat. And most of us don't really want to have to count calories. 400 Calorie Fix makes it easy to spot and control calories, with no banned ingredients, no magic foods, and no complicated rules. Readers learn how to eat with the 400 calorie lens, the essential tool they need to assess portion sizes for all types of food at a glance.

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