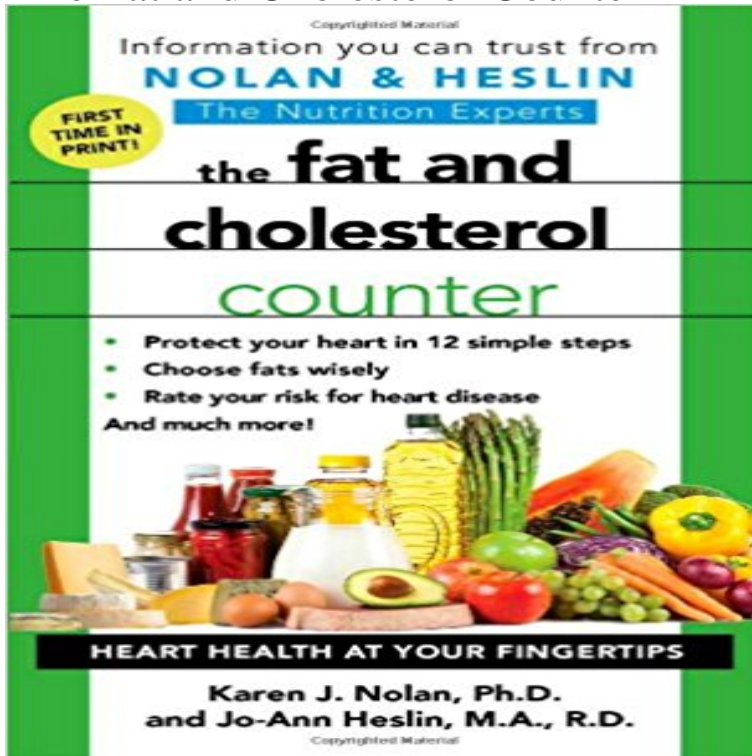


The Fat and Cholesterol Counter



Learn the fat, cholesterol, trans fat, fiber and sugar content of nearly every food item available with this fully updated and revised edition of the popular book in the hugely successful food counter series. With food as your best medicine, you can count on a healthy heart. For the first time ever, the Nutrition Experts have combined their comprehensive research on fat and cholesterol counts into one easy-to-use heart-healthy volume. Protect yourself from the number one cause of death in the U.S. with help from this handy guide based on the most recent, groundbreaking scientific findings. Contains fat, cholesterol, trans fat, fiber, and sugar values for more than 10,000 foods, including your favorite brand name and restaurant items. Explains why the type of fat you eat may be more important than how much you eat. Explores the difference between the types of fat and cholesterol: what to eat more of, what to eat less of, and what to avoid altogether. Reveals the fascinating truth about sugar, fiber, and your heart.

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