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**Armand Gautier**



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calorie traps seemingly innocuous foods that can sneak unwanted calories into your body Finally the authors offer 60 sensible tasty and easy recipes plus an integrated program of exercise and behavior management that can be sustained over a lifetime

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**Health in diet** ,1884 *The Fast-food Diet* Mary Donkersloot,1991 Recommends goals for consumption of fat and cholesterol that fall within the guidelines of the major medical associations Discusses the best choices to make in restaurants delis supermarkets and at home to meet these goals Has a 1 10 rating system 10 representing the best choice and 1 the worst Directed toward people who regularly eat in fast food franchise restaurants or depend on frozen dinners takeout foods deli items or prepared sauces and meals *The Biochemical Journal* ,1925 Vols 36 include Proceedings of the Biochemical Society *Good Health* ,1928 **The New Success : Marden's Magazine** ,1921 **Collected Papers** Lister Institute of Preventive Medicine,1923 **Diet and Hygiene in Diseases of the Skin** Lucius Duncan Bulkley,1913

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