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The New Sugar Busters! Shopper's Guide (Paperback)

By H. Leighton Steward

Random House USA Inc, United States, 2003. Paperback. Book Condition: New. Revised. 168 x 104 mm. Language: English . Brand New Book. SUGAR BUSTERS!(R) forever changed the way Americans eat, offering a delicious new approach to diet and health. The SUGAR BUSTERS!(R) Shopper's Guide soon followed-and made finding SUGAR BUSTERS!(R)-friendly fare at the grocery store and supermarket a snap. Now, five years later, this revolutionary little guide has been completely revised and updated to include more food selections and more brand names than ever before. Forget measuring, weighing, and counting fat grams and calories. Throw those charts and graphs out the door! Organized like your grocery store, this handy book takes you aisle by aisle, department by department, pointing out exactly what you can and cannot eat, including: - fresh produce - meat - seafood - dairy - deli - bakery/breads - beverages - snacks - prepared foods - condiments Also includes essential tips for lite-weight travel and reading food labels.



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