



# Health Counts: :A Fat and Calorie Guide

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# Health Counts: :A Fat and Calorie Guide

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## **Health Counts: :A Fat and Calorie Guide** Kaiser Permanente

Anyone who wants to make more thoughtful food choices will be interested in this book. Developed over the past five years by nutritionists and dieticians at Kaiser Permanente's Northwest Region, the information provided here is used in a uniquely successful weight control program called Freedom from Fat. There are calorie, fat and percentage of fat calorie counts for over 2,500 foods; practical guidelines and tools to help you make changes in your eating habits along with a format that makes food items easy to find and calorie and fat counting quick to do. Food items are listed alphabetically and by group. Included in the sections which will serve as aids for maintaining the program are: keeping a food diary, recommendations for weight management, cooking tips, calculating calories and fat in a recipe and reading food labels. Using this book will help you lose weight and keep it off, maintain your ideal weight, lower your blood cholesterol, your risk of stroke, heart attack, developing diabetes and high blood pressure.

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