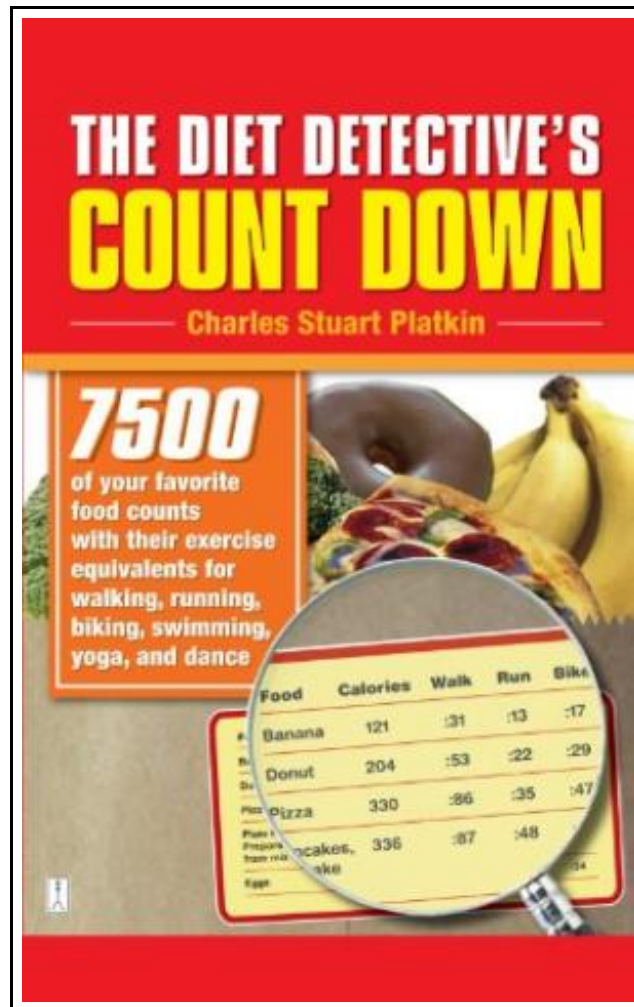


The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and D



Filesize: 8.88 MB

Reviews

Here is the best publication i have got go through until now. It is actually writter in simple phrases and never hard to understand. I realized this publication from my dad and i suggested this ebook to find out.

(Lorena White)

THE DIET DETECTIVE S COUNT DOWN: 7500 OF YOUR FAVORITE FOOD COUNTS WITH THEIR EXERCISE EQUIVALENTS FOR WALKING, RUNNING, BIKING, SWIMMING, YOGA, AND D



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SIMON SCHUSTER, United States, 2007. Paperback. Book Condition: New. 178 x 119 mm. Language: English . Brand New Book. **THE COST OF A CALORIE REVEALED - CALORIE SHOPPING with EXERCISE EQUIVALENTS - The Diet Detective s Count Down** Offers Readers Calories, Carbs, Fat and the Exercise Equivalents For More For Than 7,500 Foods(Walk, Run, Swim, Bike, Yoga, and Dance). Ever find yourself debating whether or not to buy just one bag of chips? Or grab a little candy bar for the road? Consider this: what if the nutritional labels on your favorite foods spelled out exactly what you d have to do to burn those calories? Well, nutrition and public health advocate, Charles Stuart Platkin s new book, **THE DIET DETECTIVE S COUNT DOWN**, is the first of its kind that translates food into exercise, giving readers a tool for deciding what a calorie means and which calories are worth it. **THE DIET DETECTIVE S COUNT DOWN** lists more that 7,500 foods with exercise equivalents in minutes calculated using six forms of activity: WALKING, RUNNING, BIKING, SWIMMING, YOGA, AND DANCING. All this information is listed in an easy to view table format. The table also includes calories, fat and carbohydrates. This is no ordinary diet book, it is a food fact bible giving readers tasty nuggets of information that make them think before they eat. Translating food into calorie counts isn t enough -- translating calorie counts into exercises makes clear the consequence each bite has on the waistline! Examples of an Exercise Equivalent (The book contains more than 7500 listings in an easy to use table format w/ Calories, Carbs and Fat, walking, running, biking, swimming, yoga and dance): 1 double-stuffed Oreo cookie = 18 minutes of walking 1 handful of chips = 26 minutes of dancing 1 slice...



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