



## Food Control Journal (Paperback)

By Speedy Publishing LLC

Speedy Publishing LLC, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The food we eat impacts our overall health. A food control journal can help dieters track eating habits and maintain weight goals. These journals can help people with diabetes, hypoglycemia or allergies, track the foods that cause symptoms. Additionally, food control journals help motivate people to stick to their diets.



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