



ABC Of Obesity: Eat Wise, Cut Back On Size: USA This is why you're fat!

Herman de Brock Jr

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ABC Of Obesity: Eat Wise, Cut Back On Size: USA This is why you're fat! Herman de Brock Jr

The answer to why you are fat and why losing weight does not work. ABC Of Obesity: Eat Wise, Cut Back On Size USA, this is why you are fat! Size is everything! Ever asked this question: "Why am I fat?" This book will tell you why. - A shocking overview of American foods, nutrition data, portion sizes and eating patterns, with a twist of humor. - "The ABC of Obesity" lists, from A to Z, nutritional data and facts for high-caloric, fat, and or sugary foods and drinks, common in the daily American diet. - Extensive research on nutritional data, where possible from the manufacturers' website. - Warning for foods that contain more than the recommended daily intake per serving. - Awareness building of the nutritional values of foods in the USA.

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