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Day-to-Day
Food Diary

HEALTH COUNTS

A FAT AND CALORIE GUIDE

The nation's largest nonprofit, prepaid health care program shows you how to lower the percent of fat in your diet to reduce cholesterol and lose weight.

- ✓ Figure out the percent of fat in one easy step
- ✓ Covers over 2,500 foods, including fast foods
- ✓ Track your progress with the Food Diary

Foreword by Judith Rossner, M.S., R.D., Freedom from Fat®
Program Director, Kaiser Permanente Northwest Region



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Health Counts A Fat And Calorie Guide

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