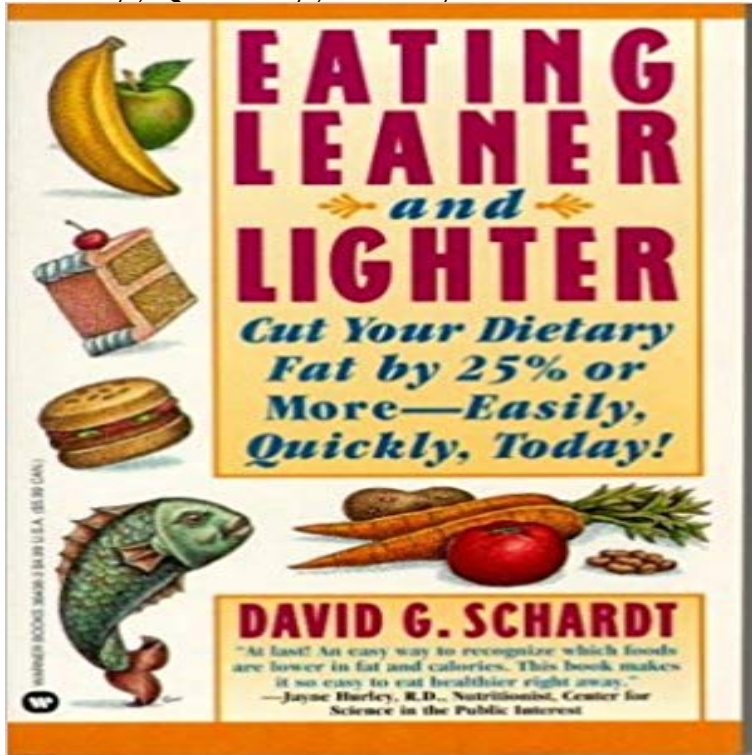


Eating Leaner and Lighter: Cut Your Dietary Fat by 25% or More - Easily, Quickly, Today



A guide to cutting fat intake features nutritional basics on more than 150 types of foods, new information on snack foods, and calorie, gram, cholesterol, sodium, and saturated fat counts.

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