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Discover which foods to buy (and which to avoid) on your next trip to the grocery store

**H. LEIGHTON STEWARD
SAM S. ANDREWS, M.D.**

**MORRISON C. BETHEA, M.D.
LUIS A. BALART, M.D.**

New Sugar Busters Shoppers Guide

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New Sugar Busters Shoppers Guide:

The New Sugar Busters! Shopper's Guide H. Leighton Steward, 2009-07-22 SUGAR BUSTERS forever changed the way Americans eat offering a delicious new approach to diet and health The SUGAR BUSTERS Shopper's Guide soon followed and made finding SUGAR BUSTERS friendly fare at the grocery store and supermarket a snap Now five years later this revolutionary little guide has been completely revised and updated to include more food selections and more brand names than ever before Forget measuring weighing and counting fat grams and calories Throw those charts and graphs out the door Organized like your grocery store this handy book takes you aisle by aisle department by department pointing out exactly what you can and cannot eat including fresh produce meat seafood dairy deli bakery breads beverages snacks prepared foods condiments Also includes essential tips for lite weight travel and reading food labels **Sugar Busters!**

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Morrison C. Bethea, Sam S. Andrews, Luis A. Balart, H. Leighton Steward, 2000-01-01 *Living the Low Carb Life* Jonny Bowden, 2004 This comprehensive guide cuts through the confusion showing dieters how to choose and customize an effective low carb plan for their own metabolisms and lifestyles [The Secret to Low Carb Success!](#) Laura Richard, 2002 In this well researched and informative book the author discusses all the major carbohydrate diet programs and guides readers through the benefits and pitfalls of each showing exactly how to create a low carbohydrate lifestyle Includes tips on how to speed weight loss and break plateaus advice and personal success stories tips on how to harness the power of the Internet and more

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Willing's Press Guide ,2002 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts **The New Sugar Busters!** H. Leighton Steward,Morrison Bethea, M.D.,Sam Andrews, M.D.,Luis Balart, M.D.,2003-12-02 Win the fight against fat with this invaluable guide from the 1 New York Times bestselling team behind Sugar Busters When Sugar Busters hit the shelves it quickly became a diet and lifestyle phenomenon Millions of people discovered that by simply choosing the correct carbohydrates and lowering their sugar intake they could shed the pounds they failed to lose with other diets Now the weight loss program that swept the nation has been completely revised and updated incorporating all the newest nutritional findings health statistics and scientific studies and featuring all new easy to follow recipes and meal plans Among the wealth of material in this edition you ll find amazing testimonials from men and women who are losing weight and feeling fit the Sugar Busters way frequently asked questions and helpful answers the latest on diabetes and how Sugar Busters can help prevent it essential facts on women weight loss and nutrition new tips updated charts and practical exercise suggestions So arm yourself with the facts and get the figure you ve always wanted When it comes to optimal wellness on the Sugar Busters program it s survival of the fittest a way of life in which everybody wins **Subject Guide to Books in Print** ,1991

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