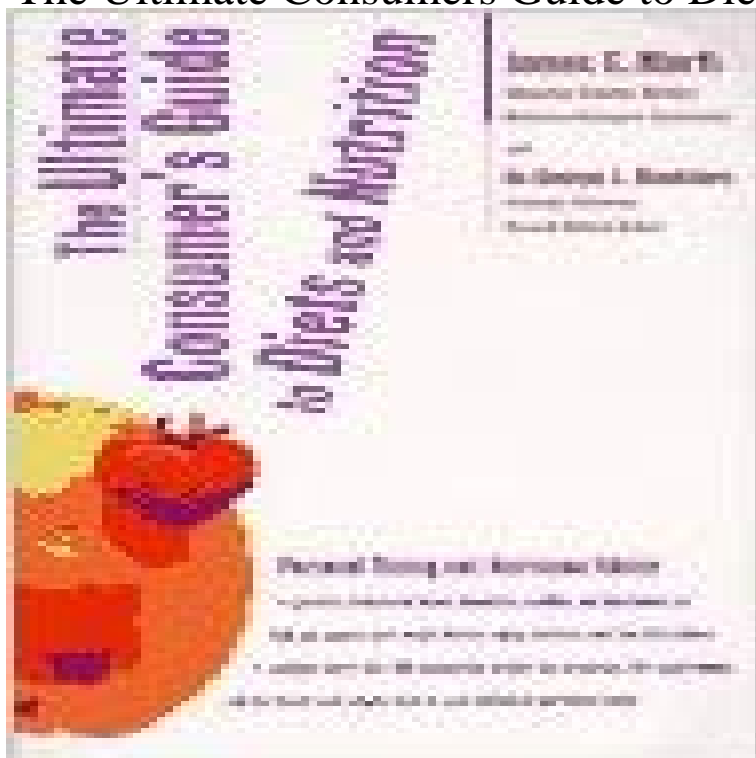


The Ultimate Consumers Guide to Diets and Nutrition



Fifty to sixty percent of Americans begin a diet each year and spend \$35 billion annually on weight-loss products. But most diets simply wont work for everyone. To diet successfully it is crucial first to assess ones fitness level and nutritional needs and then to match those criteria to the right diet plan. Here is the only book that provides checklists and profiles to help weight-conscious readers analyze their nutritional needs, weight history, eating behaviors, and risk factors, and then targets proven and safe diets to meet particular requirements and goals.

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