

INCLUDES A SIMPLE
CALORIE COUNTER AND
FAT GRAM COUNTS FOR COMMON FOODS

LINDA OJEDA, PH.D.

This book puts you in charge — it gives you the facts, you design your diet.

Find out

- the downside of diets that go too far
- the best times to eat so you don't gain weight
- how to be more active and feel good about yourself

SAFE DIETING

FOR TEENS

Safe Dieting For Teens

Joacim Rocklöv



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