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The Edible Pyramid: Good Eating Every Day.
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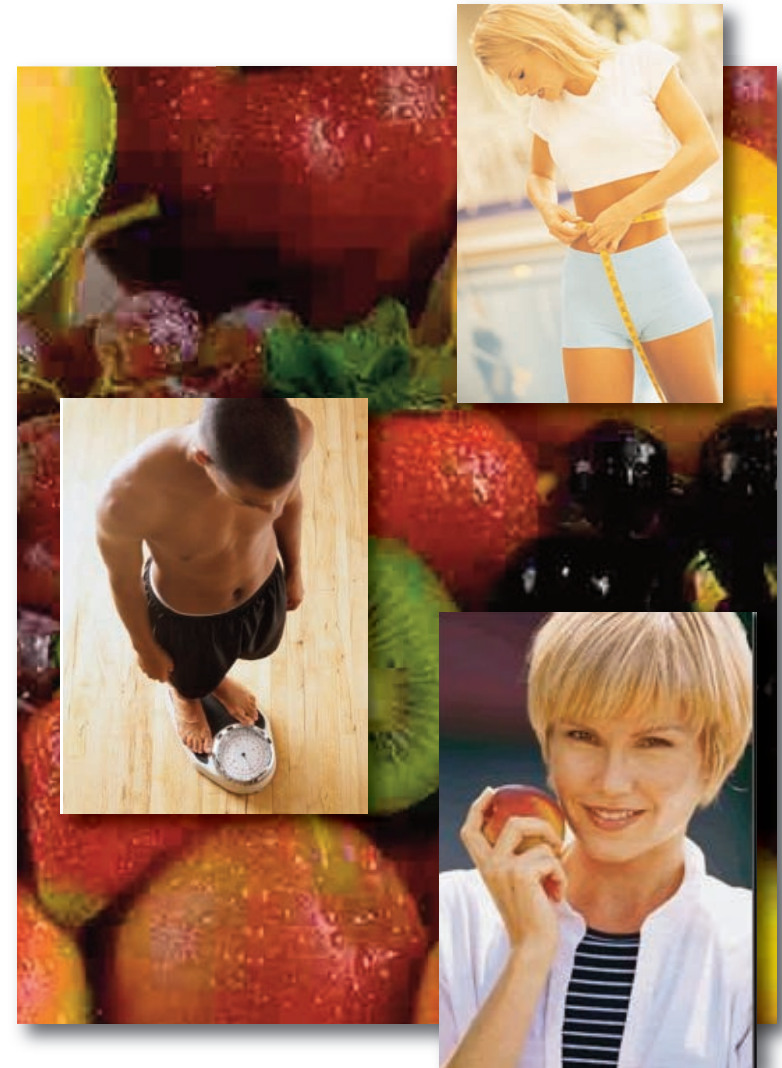
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Weight-Loss



Weight-Loss Resource Guide

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- 613.2 **CRAVINGS, NUTRITION, AND OTHER INFORMATION FOR DIETERS**
- 613.25 **FROM ATKINS TO THE ZONE – DIETS FOR EVERY TASTE**
- 613.26 MCCORD *Prevention's the Peanut Butter Diet.*
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- 613.7 **DIET AND FITNESS**
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- 616.462 WAR 2ND ED *Complete Guide to Carb Counting.*
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- 641.5 **HEALTHY COOKING**
- 641.56 ATKINS *Dr. Atkins' New Diet Cookbook.*
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- 641.56 GAU *Recipes for Kids to Lower Their Fat Thermostats.*
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- 641.563 - 641.5636 **LOW-FAT COOKING**
- 641.5638 – 641.56383 **COOKBOOKS FOR VARIOUS DIETS**
- 641.568 WOO **HOLIDAY**
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- 641.568 WOO *Light & Easy Holiday Cooking: Simple, Healthy Meals That Are as Good Tasting as They Are Good for You.*
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