



The T-Factor Fat Gram Counter (Revised and Updated)

Jamie Pope, Martin Katahn

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Thoroughly revised and updated; over 6 million copies sold! The easy-to-use pocket-sized guide designed to help you make smart, healthy food choices and take control of your weight.

In this newly revised edition of the *New York Times* bestseller, Jamie Pope and Martin Katahn offer an informative, practical guide to low-fat eating that will help you lose weight while lowering your risk of disease. With listings of more than 2,000 foods, you'll find all the valuable information you need to make informed decisions about your diet. In this edition, the authors have updated listings, including total fat, saturated fat, calories, fiber, and sodium in the foods you eat each day; and they have, for the first time, listed grams of carbohydrates for each food. With up-to-date information on disease-fighting phytochemicals, the best sources of essential vitamins and minerals, and cholesterol content for many foods, this is an invaluable guide for anyone concerned with optimizing their food choices, achieving a healthy body weight, and preventing disease.

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