



Oxygen's Pick it Kick It: The Easiest Weight You'll Ever Lose!

Diane Hart

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When it comes to supermarket shopping, this handy guide does the hard work for the consumer, weeding out products that make false health claims, leaving those that are truly wholesome. This makes choosing the right foods, losing weight and keeping it off easier than ever before. Includes information on nutrition labels, portion control, easy ways to cut fat and calories, reducing sodium and sugar content, and eating for maximum energy and better health.

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