

<<碳水化合物知多少 Carbohydrate>>

图书基本信息

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内容概要

With their many New York Times bestsellers, the Carbohydrate Addict's experts, Drs! Rachael and Richard HeHer, changed the way we think about dieting--with smart, sensible advice that ended the "yo-yo" cycle of gaining/losing weight. Now they have created the easiest, fastest, mast user-friendly pocket diet guides, with all the information you need to know about your favorite foods, brands, and restaurants.

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