



The T-Factor Fat Gram Counter

By Martin Katahn

W. W. Norton & Company. Paperback. Condition: New. 80 pages. This is the book that made publishing history and started a revolution in the way Americans think about what they eat. Now, for the first time, it is available in a trade edition, with larger, more readable type. The T-Factor Fat Gram Counter grew out of The T-Factor Diet, the first popular diet book to show that fat was (and is) the major culprit in the American diet. All calories, Dr. Martin Katahn told us, are not created equal: his metabolic studies showed that the fat we consume in our food, as opposed to the carbohydrate and protein, is converted most efficiently to body fat and may lead to such conditions as cancer, hypertension, heart disease, and diabetes. The T-Factor Fat Gram Counter tells you everything you need to know to cut the hidden fat out of your food. It also provides a brief overview of vital diet and exercise principles, and target levels of fat consumption for men and women at varying body weights. Once you understand the role of dietary fat, you are liberated forever from the need to cut calories or even restrict your overall intake of...



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