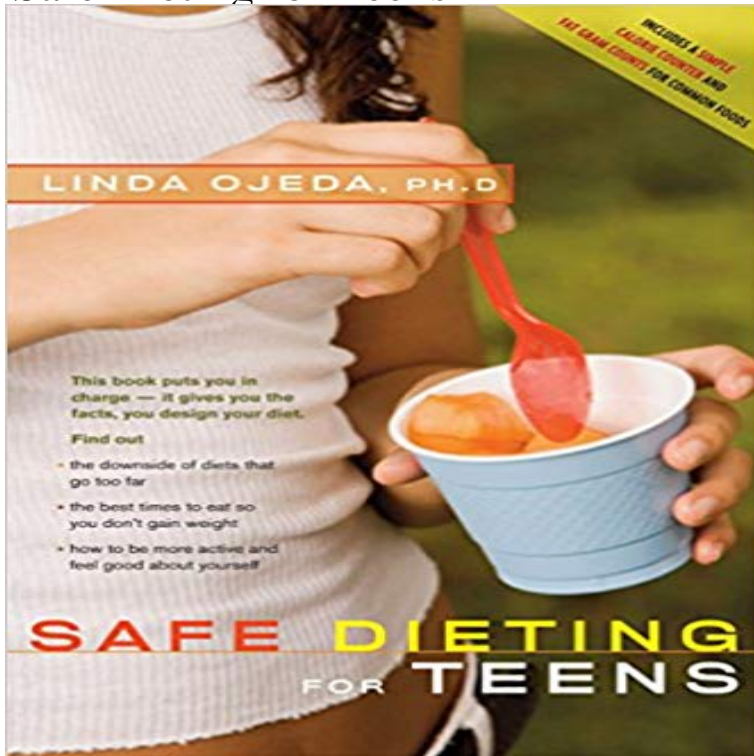


Safe Dieting for Teens



Safe Dieting for Teens contains straightforward, nonjudgmental advice that teens can easily understand and follow. The book emphasizes slow, safe weight loss and encourages readers to take control of their own health by explaining what's in the foods they eat and providing many alternatives to higher fat foods. Based on the authors' years of experience and research, it offers smart advice about what works and what doesn't in this challenging area. The latest information on calories and fat grams is included as a guideline for making wise choices and designing a personalized diet plan. The book gives teens the tools they need for selecting foods; knowing when to eat; finding out why they overeat; spotting unhealthy diet schemes; creating an exercise program; and feeling good about themselves. This revised second edition contains new information on healthy alternatives for all meals as well as snacks and drinks; the pros and cons of popular diets; the downside of dieting when it goes too far; and warning signs for anorexia and bulimia.

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