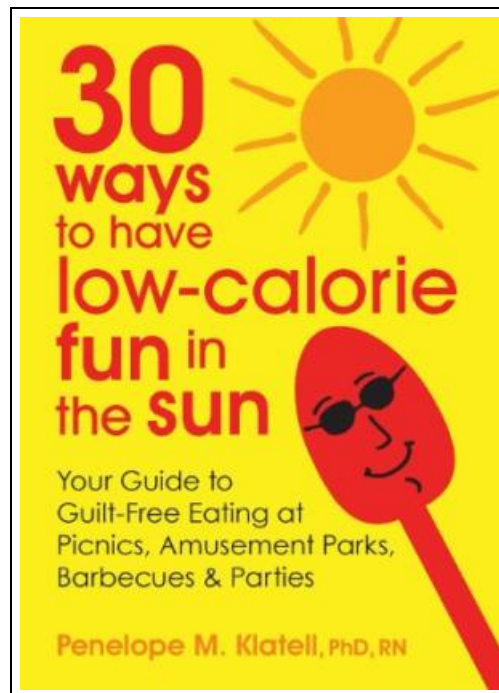


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Myfoodmaps, LLC. Paperback. Book Condition: New. Paperback. 190 pages. Dimensions: 8.0in. x 5.0in. x 0.4in. 30 ways to have low-calorie fun in the sun: your guide to guilt-free eating at picnics, amusement parks, barbecues and parties gives you tips, strategies, and solid information so you can eat well and enjoy the food that goes along with sunny down-time - at home or on vacation - without having to worry about the needle on the scale nudging upwards. Sunny skies and vacations can mean eating challenges. The willingness to forego certain foods and control your portions often flies out the window with the first licks of dripping ice cream or tastes of juicy hamburgers hot off the grill. The relax and enjoy attitude seems to make it okay to overindulge in food without really thinking (or temporarily ignoring) the consequences (does this sound familiar: Ill start my diet in the Fall). The environment makes it for too easy to overindulge. Tempting food spread out on beach blankets and deck tables or hawked by food vendors who beckon from street corners and concession stands provides loads of opportunities to (over)eat - especially food thats high in calories and loaded with sugar, fat, and salt. Use this book to help you make good choices while youre having fun in the sun. Learn about the calories and nutrition in the foods and drinks youll find at picnics, parties, ballparks, and amusement parks. Identify some eating strategies that will work best for you and your lifestyle. Get creative - eat out and eat well. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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