



# Bennigans Nutrition

**Jamie Pope, Jamie Pope-Cordle, Martin  
Katahn**

## **Bennigans Nutrition:**

The Low-Fat Fast Food Guide Jamie Pope, Jamie Pope-Cordle, Martin Katahn, 1993 On the basis of careful nutritional analysis of the menus of every national chain of restaurants the authors of the runaway bestseller *The T Factor* Fat Gram Counter have come up with recommendations that will allow readers to have a satisfying meal and keep within the guidelines of the T Factor Diet and the American Heart Association

*The Gluten Connection* Shari Lieberman, 2006-11-28 A fourteen day program for treating and reversing gluten sensitivity cites the role of gluten in a variety of chronic conditions from rheumatoid arthritis and ulcerative colitis to fibromyalgia and irritable bowel syndrome in a reference that discusses how to assess one's risk and makes recommendations for therapeutic supplements

Original Eater's Choice Ron Goor, Nancy Goor, 1999 Explains what blood cholesterol is and provides flexible methods for controlling it with guidelines for children detailed tables and delicious new recipes

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