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American Short-horn Breeders' Association

The Diet Detective's Count Down Charles Stuart Platkin, 2007-01-02 THE COST OF A CALORIE REVEALED - CALORIE SHOPPING with EXERCISE EQUIVALENTS - The Diet Detective's Count Down Offers Readers Calories, Carbs, Fat and the Exercise Equivalents For More Than 7,500 Foods (Walk, Run, Swim, Bike, Yoga, and Dance). Ever find yourself debating whether or not to buy just one bag of chips? Or grab a little candy bar for the road? Consider this: what if the nutritional labels on your favorite foods spelled out exactly what you'd have to do to burn those calories? Well, nutrition and public health advocate, Charles Stuart Platkin's new book, THE DIET DETECTIVE'S COUNT DOWN, is the first of its kind that translates food into exercise, giving readers a tool for deciding what a calorie means and which calories are worth it. THE DIET DETECTIVE'S COUNT DOWN lists more than 7,500 foods with exercise equivalents in minutes calculated using six forms of activity: WALKING, RUNNING, BIKING, SWIMMING, YOGA, AND DANCING. All this information is listed in an easy to view table format. The table also includes calories, fat and carbohydrates. This is no ordinary diet book, it is a food fact bible giving readers tasty nuggets of information that make them think before they eat. Translating food into calorie counts isn't enough -- translating calorie counts into exercises makes clear the consequence each bite has on the waistline! Examples of an Exercise Equivalent (The book contains more than 7500 listings in an easy to use table format w/ Calories, Carbs and Fat, walking, running, biking, swimming, yoga and dance): 1 double-stuffed Oreo cookie = 18 minutes of walking 1 handful of chips = 26 minutes of dancing 1 slice of chocolate cake = 48 minutes of biking 1 candy bar = 32 minutes of swimming 1 soda = 48 minutes of yoga 1 tablespoon of butter = 11 minutes of running

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historians on central aspects of the Mamluk Empire of Egypt and Syria
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Table of Contents 592433

1. Understanding the

eBook 592433

◦ The Rise of
Digital Reading
592433

◦ Advantages of
eBooks Over
Traditional
Books

-
- 2. Identifying 592433
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
 - 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 592433
 - User-Friendly Interface
 - 4. Exploring eBook Recommendations from 592433
 - Personalized Recommendations
 - 592433 User Reviews and Ratings
 - 5. Accessing 592433 Free and Paid eBooks
 - 592433 Public Domain eBooks
 - 592433 eBook Subscription Services
 - 592433 Budget-Friendly Options
 - 6. Navigating 592433 eBook Formats
 - ePub, PDF, MOBI, and More
 - 592433 Compatibility with Devices
 - 592433 Enhanced eBook Features
 - 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 592433
 - Highlighting and Note-Taking 592433
 - Interactive Elements 592433
 - 8. Staying Engaged with 592433
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 592433
 - 9. Balancing eBooks and Physical Books 592433
 - Benefits of a Digital Library
 - Creating a

- Diverse Reading
Collection
592433
10. Overcoming Reading
Challenges
- Dealing with
Digital Eye
Strain
 - Minimizing
Distractions
 - Managing Screen
Time
11. Cultivating a
Reading Routine
592433
- Setting Reading
Goals 592433
 - Carving Out
Dedicated
Reading Time
12. Sourcing Reliable
Information of
592433
- Fact-Checking
eBook Content
of 592433

- Distinguishing
Credible
Sources
13. Promoting Lifelong
Learning
- Utilizing
eBooks for
Skill
Development
 - Exploring
Educational
eBooks
14. Embracing eBook
Trends
- Integration of
Multimedia
Elements
 - Interactive and
Gamified eBooks

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