

Desserts

TO LOWER YOUR

FAT THERMOSTAT

Barbara W. Higa, R.D.

Introduction by Dennis W. Remington, M.D.

Desserts To Lower Your Fat Thermostat

Huangqi Zhang



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Desserts to Lower Your Fat Thermostat Barbara W. Higa, 1988 **Recipes to Lower Your Fat Thermostat**, 1992 Over 400 delicious recipes will help readers lose weight feel better and improve their health This book shows how to lower the body's interior weight regulating thermostat for permanent comfortable and healthy weight loss Gaunt tells how to convert recipes to fat thermostat lowering recipes offers suggestions for hearty brown bag lunches includes lists of foods to emphasize and foods to avoid and more 16 color photographs 300 line drawings Charts **How to Lower Your Fat Thermostat** Dennis W. Remington, A. Garth Fisher, Edward A. Parent, 1983 Abstract A comprehensive weight management program is the result of efforts of a physician physiologist and a psychologist to develop treatment principles to lower the setpoint so that the body can allow excess fat to be lost naturally and permanently Specific coverage includes 1 increasing resting metabolic rate and fat burning enzymes 2 overall feeling of well being 3 duration and frequency of exercise 4 decreasing fat consumption and calorie containing fluids 5 reducing refined carbohydrates and increasing complex carbohydrates 6 drinking water 7 tracking progress e.g. scoring system eating behavior and progress summary 8 predicting body fat for women and men and 9 computing lean body mass and a realistic weight goal An extensive bibliography is included with books and articles about regulation of body weight eating appetite and satiety and energy balance metabolic factors obesity and exercise and diet and psychological factors **Health Related Cookbooks** Tian-Chu Shih, 1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA **Stevia** Rita DePuydt, 2002 The two popular volumes of Baking with Stevia I II are now combined in this all inclusive cookbook on preparing everything from desserts and baked goods to salads and shakes Stevia crystals are made from a sweet herb native to South America and are completely calorie free Stevia is the perfect sweetener for anyone wanting to limit their intake of simple carbohydrates and calories naturally Enjoy your favorite recipes from the original editions now lower in fat as well as popular new recipes and quick to make basics Also included are sources of powdered stevia nutritional analyses for the recipes a recipe index organized by main ingredient and a section on how to grow your own stevia and prepare the fresh leaves *Eat and be Lean* Dana Thornock, 1992 *Gifford's Gourmet De-lites* Howard Gifford, 1988 **Subject Guide to Books in Print**, 1996 **Target Recipes** Covert Bailey, Lea Bishop, 1985

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