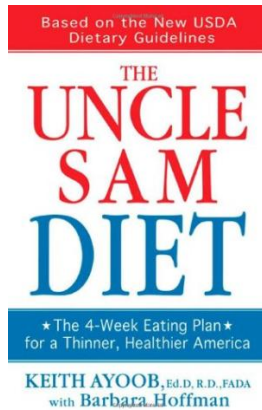


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St. Martin s Press, United States, 2005. Paperback. Book Condition: New. 168 x 104 mm. Language: English . Brand New Book. The UNCLE SAM DIET is based on the new 2005 US Dietary Guidelines for Americans. Based on solid science, its an eating style that you can stay with and thrive on. No gimmicks here, and no fads. Dr. Keith Ayoob, a registered dietitian and associate professor at the Albert Einstein College of Medicine in New York, uses the USDAs...

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