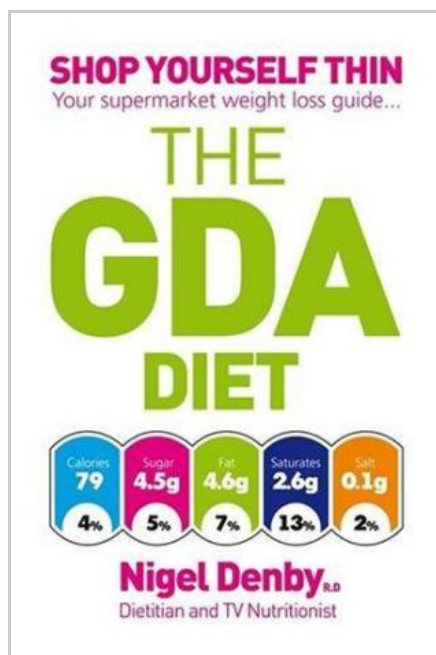




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The GDA Diet: Shop Yourself Thin - Your Supermarket Weight Loss Guide

By Nigel Denby

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, The GDA Diet: Shop Yourself Thin - Your Supermarket Weight Loss Guide, Nigel Denby, The GDA Diet is the diet for everyone. It is the first and only diet to use the Guideline Daily Amounts (GDAs) food labelling system which has been adopted by leading brands throughout the UK. The GDA Diet is the key to losing weight and keeping it off! It's simple to follow and doesn't involve complicated recipes or fancy foods; in fact it incorporates the everyday products - including ready meals - you'll find in the supermarket. Nothing is banned or off limits, allowing you to eat the foods you love while staying nutritionally balanced and making more informed choices about what you eat. The GDA Diet has been compiled from over 20,000 supermarket products, making it the most comprehensive and varied diet ever! It is full of tips for real people, living busy lives with recommendations for people on budgets, the time pressed and vegetarians, so there are really no more excuses not to eat well and be healthy. Follow the simple guidelines in this diet and you'll confidently be able to break free...



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