



The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance

Charles Stuart Platkin

Download now

[Click here](#) if your download doesn't start automatically

The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance

Charles Stuart Platkin

The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance Charles Stuart Platkin
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

[!\[\]\(6a9b39b98eb945faa14c645ec99e4eaa_img.jpg\) Download The Diet Detective's Count Down: 7500 of Your Favo ...pdf](#)

 [Read Online The Diet Detective's Count Down: 7500 of Your Fa ...pdf](#)

Download and Read Free Online The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance
Charles Stuart Platkin

From reader reviews:

Alberta Smith:

What do you regarding book? It is not important to you? Or just adding material if you want something to explain what the one you have problem? How about your spare time? Or are you busy person? If you don't have spare time to accomplish others business, it is give you a sense of feeling bored faster. And you have free time? What did you do? Every individual has many questions above. They should answer that question mainly because just their can do in which. It said that about publication. Book is familiar in each person. Yes, it is correct. Because start from on kindergarten until university need that The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance to read.

John Harris:

As people who live in typically the modest era should be change about what going on or data even knowledge to make them keep up with the era that is certainly always change and advance. Some of you maybe may update themselves by looking at books. It is a good choice for you but the problems coming to you actually is you don't know which you should start with. This The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance is our recommendation to make you keep up with the world. Why, because this book serves what you want and wish in this era.

Virginia McNally:

This The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance is great guide for you because the content and that is full of information for you who else always deal with world and possess to make decision every minute. That book reveal it facts accurately using great plan word or we can claim no rambling sentences in it. So if you are read the item hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but difficult core information with attractive delivering sentences. Having The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance in your hand like keeping the world in your arm, information in it is not ridiculous a single. We can say that no e-book that offer you world within ten or fifteen moment right but this publication already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. occupied do you still doubt in which?

Nancy Herman:

The book untitled The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance contain a lot of

information on the idea. The writer explains the girl idea with easy way. The language is very clear to see all the people, so do not worry, you can easy to read the idea. The book was authored by famous author. The author brings you in the new time of literary works. You can actually read this book because you can read on your smart phone, or model, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and order it. Have a nice study.

Download and Read Online The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance Charles Stuart Platkin #B1NX0WJCAM2

Read The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance by Charles Stuart Platkin for online ebook

The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance by Charles Stuart Platkin Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance by Charles Stuart Platkin books to read online.

Online The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance by Charles Stuart Platkin ebook PDF download

The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance by Charles Stuart Platkin Doc

The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance by Charles Stuart Platkin Mobipocket

The Diet Detective's Count Down: 7500 of Your Favorite Food Counts with Their Exercise Equivalents for Walking, Running, Biking, Swimming, Yoga, and Dance by Charles Stuart Platkin EPub