



One Meal at a Time: The Incredibly Simple Low-Fat Diet for a Happier, Healthier, Longer Life

Martin Katahn

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Every major health organization in the United States agrees: too much fat is the greatest nutritional hazard to Americans. Literally millions of people become ill or die prematurely each year from heart disease, certain cancers, hypertension, non-insulin-dependent diabetes, and obesity-related diseases. This simple, powerful approach to a low-fat diet is based on the way people learn new habits and change undesirable old ones. From the bestselling author of *The T-Factor Diet*.

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