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POPULAR WEIGHT LOSS DIETS

Weight loss is a major concern for most people in the United States. Surveys show that most adults are trying to lose or maintain weight. Nonetheless, the prevalence of overweight and obesity has increased steadily over the past three decades. Excess weight is associated with cardiovascular disease, type 2 diabetes, hypertension, stroke, osteoarthritis and certain types of cancer. The proliferation of diet books and literature is phenomenal. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any library staff member.


