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Stop & Drop Diet : Lose Up to 5 Lbs in 5 Days by Liz Vaccariello Overview - New York Times best-selling author and Reader's Digest editor-in-chief Liz

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From the team that created the

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Stop & Drop Diet: Lose up to 5 lbs in 5 days: Vaccariello ...

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Counting calories can be an effective way to lose weight, but not all calories are created equal. A study published in JAMA found that people who ate a high-fat diet lost more weight than those who ate the same calories but on a low-fat diet, which points to not all calories being the same. And it doesn't take a dietitian to know that someone ...

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