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Tanya introduced the world to fiber with the F-Factor Diet, and thousands of people have lost The F-Factor Diet: Discover the Secret to Permanent Weight Loss.

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In 2006, she published The F-Factor Diet: Discover the Secret to Permanent Weight Loss (Putnam, 2006), which was a bestseller. In 2011, Tanya introduced

Women's executive circle breakfast with creator of the f-factor diet

Tanya Zuckerbrot, M.S., R.D., works in private practice and authored two books: The F-Factor Diet: Discover the Secret to Permanent Weight Loss; and The

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Tanya is the author of two bestselling weight loss books: The F-Factor Diet: Discover the Secret to Permanent Weight Loss (2006, G.P Putnam & Sons), and The

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On the F-Factor diet you can expect to lose 8 to 10 pounds in the first of The F-Factor Diet: Discover the Secret to Permanent Weight Loss

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Leading and Losing by Example a registered dietitian and author of "The F-Factor Diet: Discover the Secret to Permanent Weight Loss,"

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Dietician who founded the fiber-rich weight loss program The F-Factor, of the book The F-Factor Diet: Discover the Secret to Permanent Weight Loss (2006).

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