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Nota di bibliografia	Includes bibliographical references (pages 75-77).
Nota di contenuto	Treatment guidelines -- Weight management techniques -- Weight reduction after age 65 -- Appendices: A. Body Mass Index [BMI] tables -- B. Shopping: what to look for -- C. Low calorie, lower fat alternatives -- D. Sample reduced calorie menus -- E. Food exchange list -- F. Food preparation: what to do -- G. Dining out: how to choose -- H. Guide to physical activity -- I. Guide to behavior change -- J. Weight and goal record -- K. Weekly food and activity diary -- L. Additional resources.