



Frank G. Bottone, Jr., B.A., M.S., Ph.D., L.D.N. is a Licensed Dietitian/Nutritionist by the North Carolina Board of Dietetics/Nutrition. Dr. Bottone received his Doctor of Philosophy (Ph.D.) degree in nutrition from the College of Agriculture and Life Sciences at North Carolina State University (NCSU) in Raleigh, NC. While at NCSU and as a biologist at the National Institute of Environmental Health Sciences (NIEHS), Dr. Bottone authored numerous academic research papers in journals such as *The Journal of Biological Chemistry*, *The Journal of Nutrition*, *Molecular Cancer Therapeutics*, *Current Medical Research and Opinion*, *The Journal of Pharmacology and Experimental Therapeutics*, and *Carcinogenesis*. Dr. Bottone has published over a dozen science/health related articles in magazines such as *Muscle and Fitness* and *Men's Health*. He holds a Master of Science degree from Old Dominion University and a Bachelor of Arts degree from Virginia Wesleyan College. His previous book, *The Science of Life: Projects and Principles for Beginning Biologists* (ISBN: 1-55652-382-3), was named to Smithsonian Magazine's Notable Books for Children, 2001.

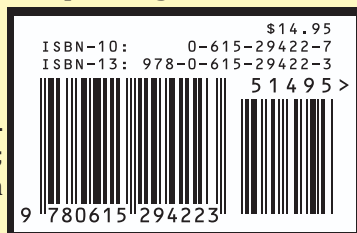
What people are saying about The Diet Denominator

Kay E. Schlegel-Pratt, M.S., R.D., L.D.N., C.N.S.D., Founder, Essential Nutrition (www.EssentialNutrition.biz), a nutrition counseling practice in Chapel Hill, NC and Nutritionist, Duke University Medical Center, Durham, NC — "Dr. Bottone has created a simple, convenient tool using two values available on any food label to help people choose foods with a high volume and lower calorie intake, which can be helpful as they strive to reduce calories for weight reduction."

Brenda Alston-Mills, Ph.D., Associate Dean and Director, Office of Organization and Professional Development for Diversity and Pluralism, Michigan State University — "*The Diet Denominator: Fill Your Tank for Less* is a wonderful teaching tool that allows you to read information, practice how to do it, and then apply the knowledge to everyday life. Good nutrition is easy and does become habit forming. I applaud Dr. Frank G. Bottone Jr. for his contribution not only to the field of applied nutrition but also for his genuine concern for the common good."

Steven B. Adler, R.N., B.S.N., B.S., Research Coordinator, Duke University Medical Center, Durham, NC — "The Diet Denominator provides a user-friendly system for making smart food choices at home or on-the-go and will serve as a helpful resource to anyone wanting to lose some weight, while, in the process, making a life change and improving their health."

Abbreviations used: Ph.D. (Doctor of Philosophy); R.N. (Registered Nurse); B.S.N. (Bachelor of Science Nursing); B.S. (Bachelor of Science); B.A. (Bachelor of Arts); M.S. (Master of Science); R.D. (Registered Dietitian); L.D.N. (Licensed Dietitian / Nutritionist); C.N.S.D. (Board Certified Nutrition Support Dietitian).



Bottone, Jr.

The Diet Denominator: Fill Your Tank for Less

Frank G. Bottone, Jr., B.A., M.S., Ph.D., L.D.N.

**The Diet Denominator:
Fill Your Tank for Less**

A Practical Guide to Choosing Low Energy Density Foods



Complete with a unique, easy to use food evaluation tool. With *The Diet Denominator*, you can "fill your tank for less" by selecting foods that are energy lean. As a result, you will fill up on fewer calories, select smarter foods that you still enjoy, and feel less hungry afterwards.