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Carrie Wiatt. Carrie Wiatt is the co-author of *The Diet For Teenagers Only* and author of *Eating by Design* and *Portion Savvy*. She is the owner of Diet Designs, [toeic lc 1000: a?.pdf](#)

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I bought both "The Diet for Teenagers Only" and "Toning for Teens" by Joyce Vedral about 10 days ago, and I have already noticed a difference.

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In The Diet, Carrie Wiatt and Barbara Shroeder give teenagers the weapons they need to overcome these pressures and make smart, independent decisions about nutrition.