

American Heart Association No-Fad Diet



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著者:American Heart Association

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By now, you've heard of (and maybe tried) them all: the low-carb diet, the grapefruit diet, the miracle diet . . . the list goes on and on. Fad diets may promise a quick fix, but few deliver lasting results. If you're like millions of other Americans, you're still struggling to lose weight and get in shape—without harming your long-term health in the process.

It's time to leave behind the one-size-fits-all approach to dieting. Now, the American Heart Association, the nation's most trusted authority on heart-healthy living, introduces its first-ever comprehensive weight-loss book. No-Fad Diet helps you create a personalized plan to lose weight in a healthful way. After a simple assessment of your current habits, you choose the eating and exercise strategies that best fit your needs. You'll learn how to set realistic goals, eat well to lose extra pounds safely, and add physical activity to keep the weight off for good.

This book offers more than 190 delicious, all-new recipes, including Cream of Triple-Mushroom Soup, Tilapia Cham-pignon, Chicken Pot Pie, Pumpkin-Cranberry Pancakes, and Vanilla Soufflé with Brandy-Plum Sauce. You'll also find two weeks of sample menus, guidelines for meal planning, useful tips on dining out and food

shopping, and sound advice for staying on track to reach your target weight.

If you're fed up with fads and want a diet that can provide a lifetime of effective weight control, No-Fad Diet is the book for you.

Tired of losing weight and gaining it back?

Sick of fad diets and gimmicks?

Frustrated by crazy food restrictions?

Try the No-Fad Diet

What's the only effective way to lose weight and keep it off? It's simple: Calories in must be less than calories out. But since the factors that contribute to this not-so-magic formula are different for everyone, a one-size diet plan does not fit all.

The No-Fad Diet includes:

- Tips on turning negative thinking into positive rewards
- Simple quizzes to find the approach that's best for you
- Diary pages to record and monitor your eating and activity habits
- Strategies to reduce calories and increase your activity levels
- Guidelines to help you prepare your own nutritious meals
- More than 190 delicious and healthful recipes
- Techniques to maintain your momentum

The weight-loss strategies in this book are based on reliable scientific research and are backed by respected medical professionals. The American Heart Association has the information you can trust.

Also available as a Random House Large Print Edition

作者介绍:

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