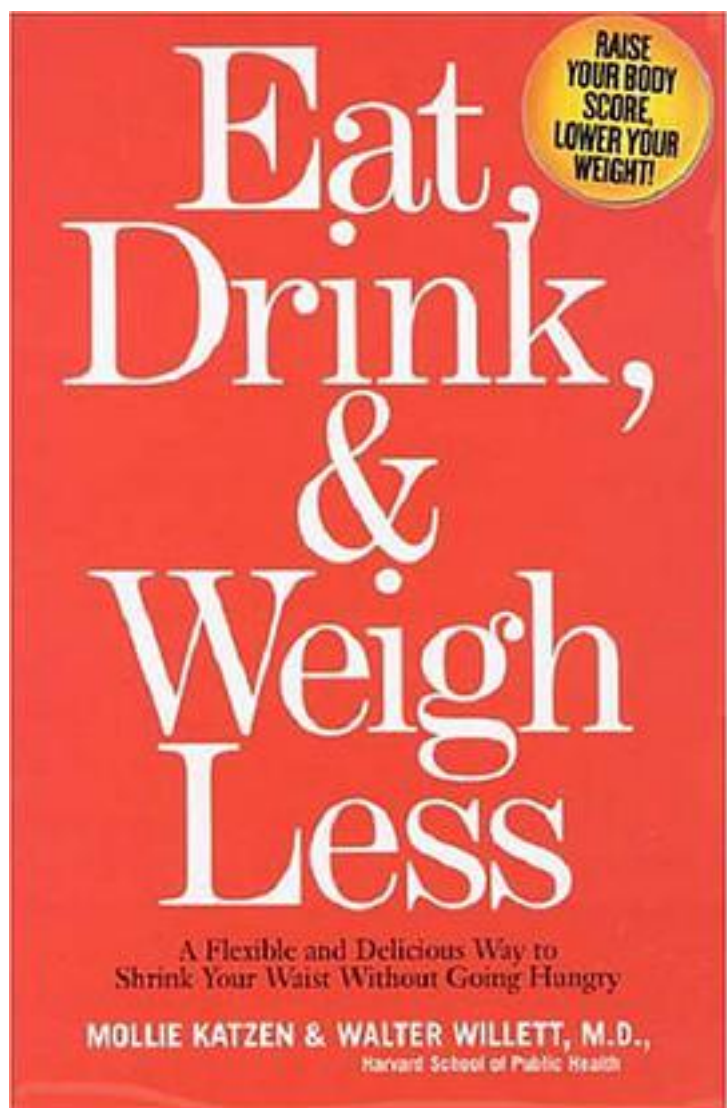


Eat, Drink, & Weigh Less



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From the dream team of Dr. Walter C. Willett, bestselling author of *Eat, Drink and Be Healthy*, and Mollie Katzen, author of the four million-copy bestselling *Moosewood Cookbook*, comes a new approach to weight loss. *Eat, Drink, and Weigh Less* offers a medically sound, extremely effective program that shows people how they can lose weight by adding delicious food to their diet and making simple changes in what they eat throughout the day. It's flexible and adaptable -- and it really works. It features a powerful way to chart your progress called the Body Score. The more you raise your Body Score, the more you will lower your weight! A quiz at the beginning of the book helps readers determine their Body Score; the chapters that follow explain easy dietary and behavioral steps readers can take to improve their scores. While the concept is simple, the science behind it is not. It represents years of top research conducted by Dr. Walter C. Willett, the head of Harvard School of Public Health's Department of Nutrition, including the famous Nurses' Health Study. This study scored each of its over 84,000 participants on food choices, exercise schedule, and body mass -- resulting in a number that accurately determined the nurses' risk of heart disease. Now, for the first time, Dr. Willett has teamed up with mega-bestselling cookbook author Mollie Katzen to adapt a similar, much easier scoring system to create a user-friendly diet plan with fail-safe results. If you can raise your score, you will lower your weight -- all while eating delicious, easy-to-prepare foods.

作者介绍:

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