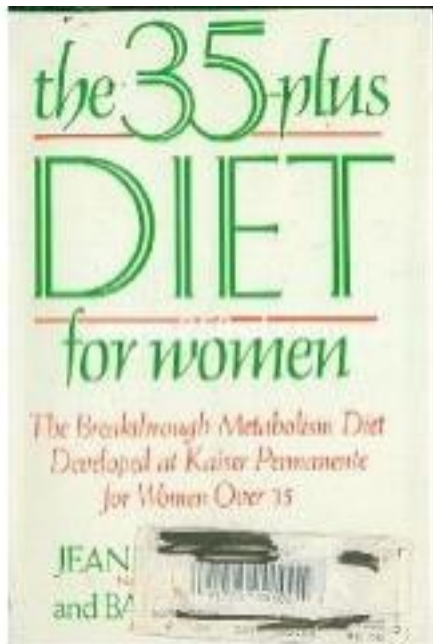


# The 35-Plus Diet for Women: The Breakthrough Metabolism Diet Developed at Kaiser Permanente for Women over 35



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From Publishers Weekly This guide to fighting middle-age bulge maintains that "sugar rather than salt is the bloat-causing culprit for many 35-Plus Women with weight problems." Based on nutritionist Spodnik's research at the Kaiser Permanente Clinic in Cleveland, it also advises the elimination of fats and the careful balance of carbohydrates and proteins. Calcium-rich foods and bone-strengthening exercise are advocated to prevent osteoporosis. Dieters will benefit from the wide selection of recipes provided by Gibbons (The Slim Gourmet Cookbook, including soups,

meat, fish, potato, pasta, rice and vegetable dishes, sauces and snacks. Vegetarians, however, will be disappointed by the scant offering of vegetarian main dishes and nonmeat salads. The crash course in nutrition is overly simplistic and would have been greatly enriched by diagrams or charts illustrating the relevant physiological principles. 35, 000 first printing; \$30, 000 ad/promo; author tour. Copyright 1987 Reed Business Information, Inc.

作者介绍:

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