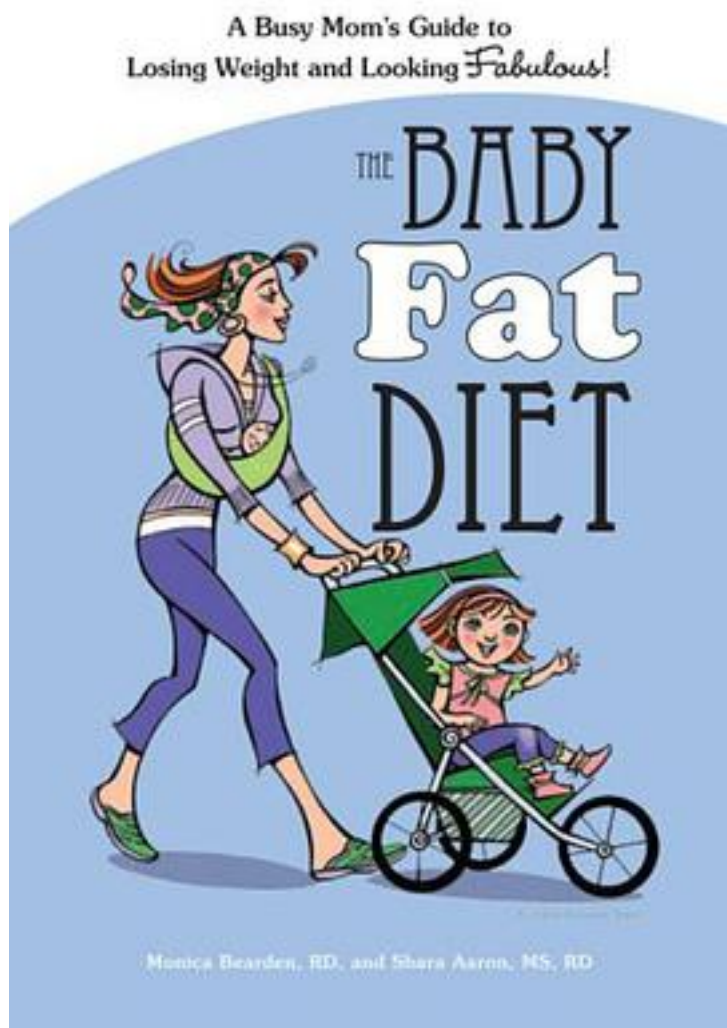


# Baby Fat Diet



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Motherhood doesn't have to mean permanent weight gain!

Get rid of those post-pregnancy pounds— even if your youngest is already in school.

Losing the “baby fat” is one of the hardest things for mothers—even years after they give birth. “Eating for two” often results in gaining too much weight, and the more a woman gains, the harder it is to lose. And after having kids, moms are so busy and distracted it's necessary for them to learn how to eat in a healthy, self-nurturing way again.

In *The Baby Fat Diet*, moms will be relieved to learn that small changes can make a big difference. Restrictive dieting and cutting out favorite foods to the extreme isn't necessary. The book offers simple, easy-to-live-by health and nutrition tips that help women change the behaviors that make losing weight so difficult. The 30 timeless tips throughout are eminently practical and the recipes are delicious. Not only will moms lose weight on *The Baby Fat Diet*, they'll feel good about themselves, too. Moms will discover:

- Eating for one again—the importance of portion Sizes
- Why breakfast is a weight-loss ally
- The fast-food solution
- Pairing pleasure with healthy foods
- Exercising to the Wiggles®

作者介绍:

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