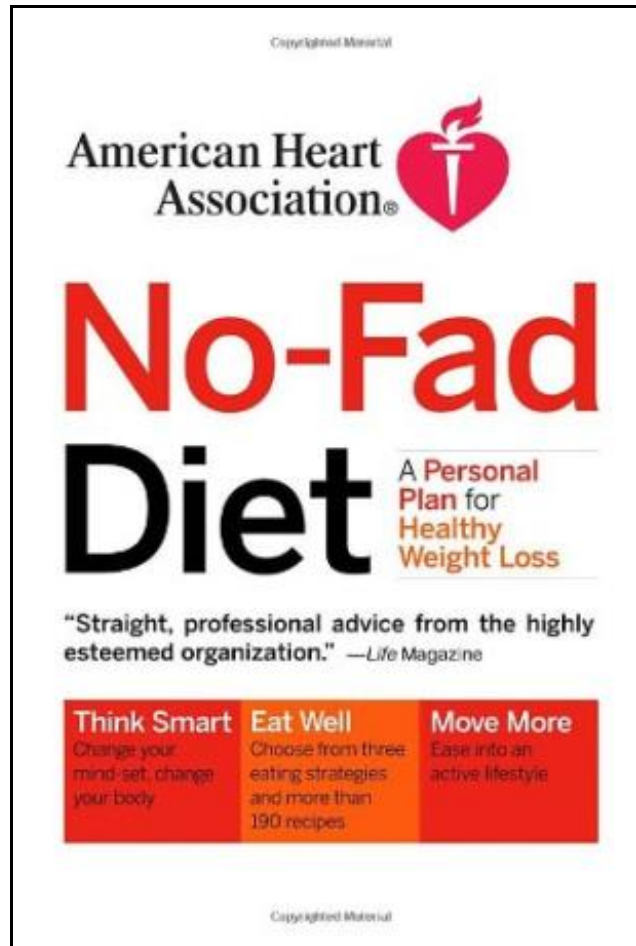


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AMERICAN HEART ASSOCIATION NO-FAD DIET: A PERSONAL PLAN FOR HEALTHY WEIGHT LOSS (PAPERBACK)



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Random House USA Inc, United States, 2007. Paperback. Book Condition: New. Reprint. 229 x 155 mm. Language: English . Brand New Book. 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 Souffle 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...

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