



American Heart Association No-Fad Diet: A Personal Plan for Healthy Weight Loss

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

From the Hardcover edition.

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Nowadays reading books be than want or need but also get a life style. This reading routine give you lot of advantages. Advantages you got of course the knowledge even the information inside the book in which improve your knowledge and information. The info you get based on what kind of book you read, if you want get more knowledge just go with training books but if you want truly feel happy read one together with theme for entertaining including comic or novel. The actual American Heart Association No-Fad Diet: A Personal Plan for Healthy Weight Loss is kind of publication which is giving the reader unforeseen experience.

Kelley Thornton:

Reading a book to be new life style in this season; every people loves to learn a book. When you study a book you can get a great deal of benefit. When you read textbooks, you can improve your knowledge, simply because book has a lot of information on it. The information that you will get depend on what kinds of book that you have read. If you need to get information about your review, you can read education books, but if you act like you want to entertain yourself look for a fiction books, these us novel, comics, and also soon. The American Heart Association No-Fad Diet: A Personal Plan for Healthy Weight Loss provide you with a new experience in reading a book.

William Murphy:

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Joan Green:

What is your hobby? Have you heard that will question when you got college students? We believe that that concern was given by teacher to the students. Many kinds of hobby, Everyone has different hobby. And also you know that little person including reading or as reading through become their hobby. You need to understand that reading is very important along with book as to be the factor. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You will find good news or update about something by book. A substantial number of sorts of books that can you choose to use be your object. One of them is actually American Heart Association No-Fad Diet: A Personal Plan for Healthy Weight Loss.

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