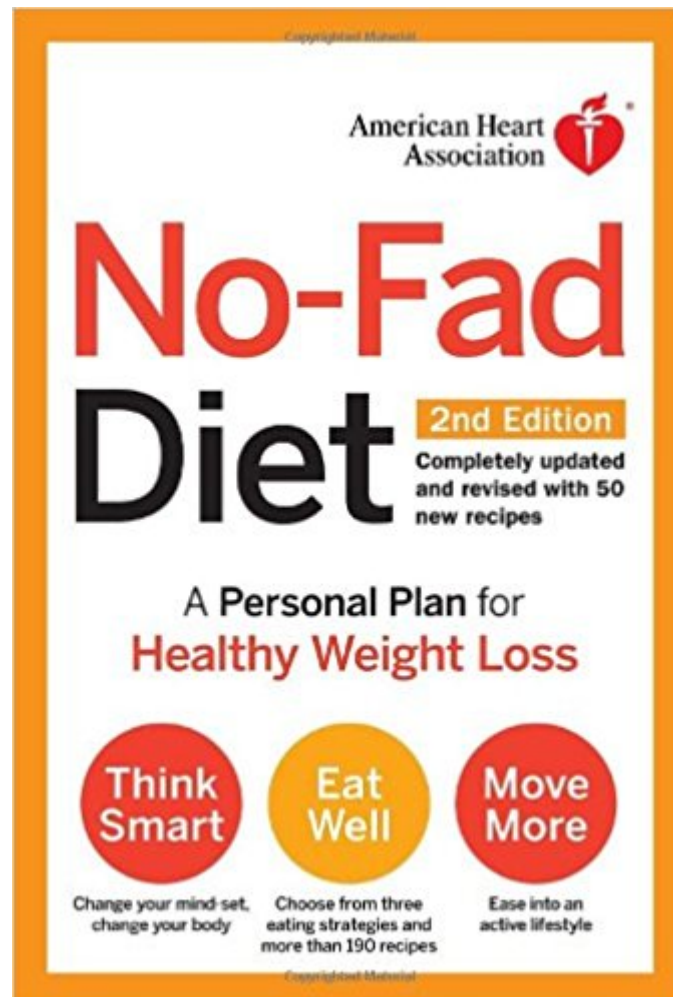


The book was found

American Heart Association No-Fad Diet, 2nd Edition: A Personal Plan For Healthy Weight Loss



Synopsis

text very clean, excellent condition, fast shipping.

Book Information

Hardcover: 464 pages

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Best Sellers Rank: #986,921 in Books (See Top 100 in Books) #51 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association](#) #5102 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#) #5455 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

Summary: The AHA claims that fad diets may work temporarily, but do not lead to permanent weight loss. They write: Signs of an unhealthy or fad diet include: a drastic reduction in calories without regard for adequate nutrition; a dependence on powders, herbs, or pills; a reliance on certain foods or food combinations; an elimination of carbs, fat, or any other type of food; a recommendation to skip meals or replace meals with drinks or food bars.¹ For weight loss, one should strive for a 500-calorie (per day) deficit to lose one pound per week, or a 1,000-calorie (per day) deficit to lose two pounds per week. Choose between or combine the following three strategies of calorie reduction:
a. Substitute high-calorie foods with lower calorie foods. For example, instead of having a glass of orange juice, eat an orange. Instead of having a regular soft drink, substitute it with a sugar-free one. Instead of eating regular cheddar cheese, go for the low-fat version.
b. Reduce portion size.
c. Try the American Heart Association Menu Plans.² The diet should be rich in nutrient-dense foods, from these major food groups: vegetables and fruits, whole grains, low-fat dairy, fish, lean cuts of meat and poultry, legumes-nuts-seeds, and unsaturated oils/fats.³ Avoid trans fats, and limit cholesterol to less than 300mg/day.⁴ Limit salt to less than 1500 mg/day.⁵ Limit added sugars to less than 150 calories/day for men and 100 calories/day for women.⁶ Limit alcoholic beverages to no more than two per day for men and 1 per day for women.⁷ If youâ™re

not hungry, don't eat.8. Keep snacks low in calories.9. Begin meals with a zero-calorie drink or a low-calorie starter.Pros:1.

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