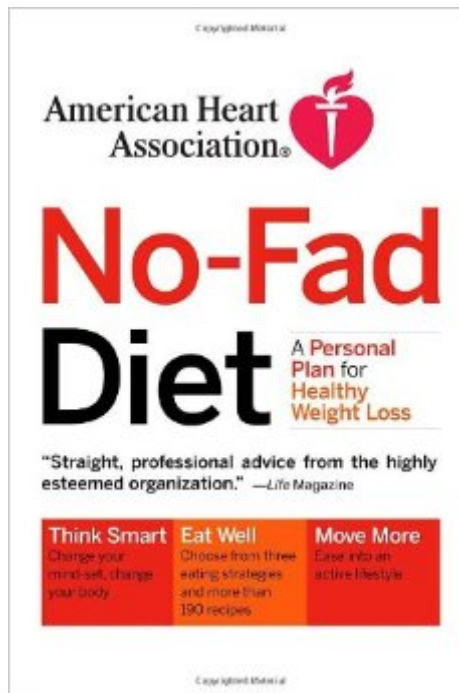


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# American Heart Association No-Fad Diet: A Personal Plan For Healthy Weight Loss



## Synopsis

By now, youâ™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 youâ™re like millions of other Americans, youâ™re still struggling to lose weight and get in shapeâ”without harming your long-term health in the process. Itâ™s time to leave behind the one-size-fits-all approach to dieting. Now, the American Heart Association, the nationâ™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. Youâ™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 SoufflÃ© with Brandy-Plum Sauce. Youâ™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 youâ™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. Whatâ™s the only effective way to lose weight and keep it off? Itâ™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 thatâ™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.

## Book Information

Series: American Heart Association

Paperback: 464 pages

Publisher: Harmony; Reprint edition (December 26, 2006)

Language: English

ISBN-10: 0307347427

ISBN-13: 978-0307347428

Product Dimensions: 6.2 x 1 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (53 customer reviews)

Best Sellers Rank: #94,629 in Books (See Top 100 in Books) #8 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #53 in Â Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #904 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

I just got this book after searching for a plan that would work for me and my boyfriend. We are both average in weight and only need to drop 15 pounds which isn't outrageous, but our current lifestyle is clearly not conducive to that. I love to cook, but I don't want to struggle every night after work trying to make dishes that are confusing and frankly, sound gross. This book offers a structured plan that takes the guesswork out of shopping and many of the dishes are healthier versions of familiar favorites. One person here commented that some of the recipes don't seem heart healthy because they include trans-fats. Yes, there is a menu item titled "glazed doughnut" and one titled "bacon biscuit". But if you look at the entire 2 week menu, it is an exception to the rule. Let's face it, like many of us my boyfriend goes to an office that brings in breakfast Every Friday. At least it's built into the plan that, yes, Friday morning you can have a doughnut but then steers you back throughout the rest of the day. And what about the meetings where they pass around a menu and say, "pick something from this sandwich shop because we are having a lunch meeting"? Thankfully, the AHA has built these scenarios into the plan as well and suggests lower fat/lower calorie options. For working professionals, this book is great. I'm not going prepare elaborate homemade lunches and snacks everyday to take to work (one book called for soba noodles with peanut-tofu sauce and miso soup...I'm not making that at 5 a.m.!). Graham crackers, fruit, carrots and bean dip, though are do-able snacks and much better choices than whatever is in the vending machine. As a final note - for those women out there whose boyfriend/husband is resistant to strict diets - this is the most reasonable choice.

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