



AARP New American Diet: Lose Weight, Live Longer

John Whyte MD MPH

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Weight loss for grownups! Drawing on the NIH/AARP Diet and Health Study, the largest-ever survey of American diet and lifestyle

Complete with three prescriptive weight-loss plans, the *AARP New American Diet* helps you lose up to 10 pounds in 2 weeks while staying vital, happy, and healthy for a lifetime. Author John Whyte, MD, Chief Medical Expert for the Discovery Channel, reveals surprising new research insights, such as the fact that drinking diet soda and eating fat-free foods can actually lead to weight gain. Filled with practical advice and listing the top 25 diet busters and the top 25 diet boosters, this breakthrough book combines the best of the Mediterranean diet and the American diet and includes up-to-the-minute guidelines on meat, alcohol, fat, sugar, and fiber consumption.

- Drawing on the NIH/AARP Diet and Healthy Study, the largest-ever research project on American diet and lifestyle
- Packed with simple, practical advice you can put to work right away to help get healthy, stay vital, and lose weight
- Includes three prescriptive weight-loss plans—a 7-day plan, 2-week plan, and 4-week plan
- Published in conjunction with AARP, working on behalf of millions of members nationwide

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Frances Barrett:

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Margaret Cardwell:

AARP New American Diet: Lose Weight, Live Longer can be one of your beginning books that are good idea. All of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to get every word into enjoyment arrangement in writing AARP New American Diet: Lose Weight, Live Longer nevertheless doesn't forget the main level, giving the reader the hottest and based confirm resource information that maybe you can be among it. This great information can easily drawn you into brand-new stage of crucial thinking.

Ernestine Biggs:

This AARP New American Diet: Lose Weight, Live Longer is great reserve for you because the content which is full of information for you who else always deal with world and also have to make decision every minute. This book reveal it information accurately using great plan word or we can point out no rambling sentences in it. So if you are read the idea hurriedly you can have whole details in it. Doesn't mean it only provides you with straight forward sentences but difficult core information with lovely delivering sentences. Having AARP New American Diet: Lose Weight, Live Longer in your hand like obtaining the world in your arm, info in it is not ridiculous a single. We can say that no publication that offer you world within ten or

fifteen second right but this guide already do that. So , this can be good reading book. Hello Mr. and Mrs. busy do you still doubt that will?

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