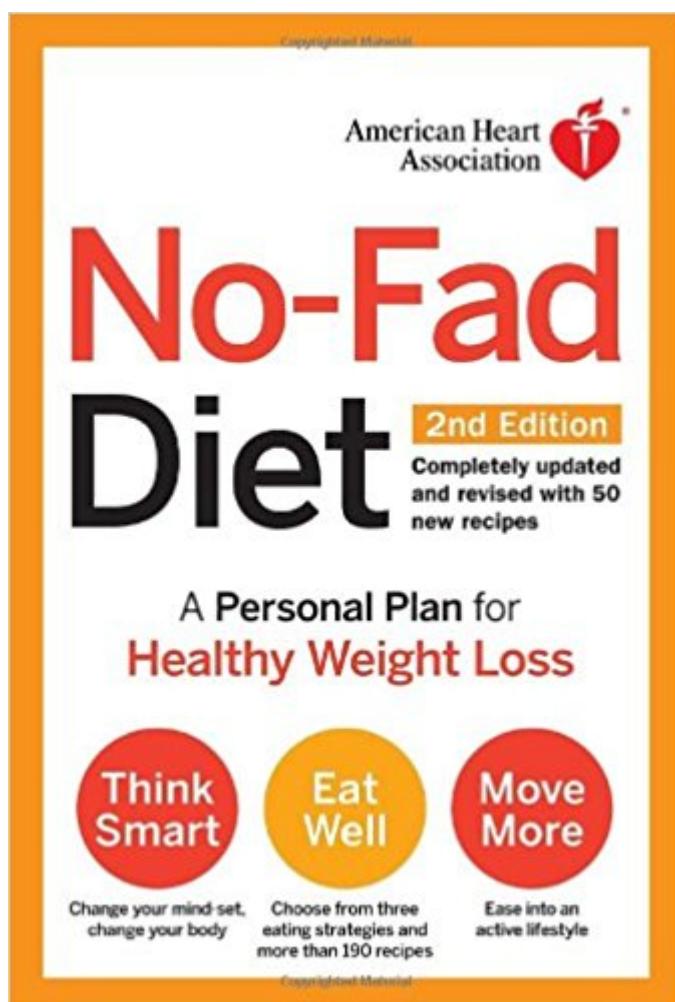


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# American Heart Association No-Fad Diet, 2nd Edition: A Personal Plan For Healthy Weight Loss



## Synopsis

text very clean, excellent condition, fast shipping.

## Book Information

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## Customer Reviews

Lasting weight loss doesn't come from following extreme diets or quick-fix fads. Being able to lose weight and keep it off comes from choosing the lifestyle habits that make sense for you in the long term. If, like millions of other Americans, you are struggling to lose weight, this second edition of the American Heart Association No-Fad Diet will show you how to find just the right combination of attitude, eating, and exercise to achieve your goals in an effective and healthy way. Updated with the latest information on nutrition science and weight management, No-Fad Diet leads you through an assessment of your current eating and exercise habits and then helps you create a personalized program to fit your weight-loss needs and your lifestyle, instead of you having to follow a one-size-fits-all approach to dieting. This new edition also offers nearly 200 delicious, low-calorie recipes, including 50 brand-new dishes. You can lose weight while enjoying:-

Lemon-Ginger Trail Mix- Creamy Broccoli Soup with Sour Cream and Cheddar- Taco Salad with Avocado Dressing- Tuna Lettuce Wraps with Asian Sauce- Cheesy Chicken and Quinoa Stir-Fry- Grilled Sirloin Kebabs with Creamy Herb Dipping Sauce- Moussaka-Style Eggplant Casserole- Slow-Cooker Black Bean Chili- Mango-Berry Sweet Cream TartsA practical, hands-on guidebook, No-Fad Diet includes two weeks of sample menus for three different calorie levels, guidelines for meal planning, useful tips on food shopping and dining out, and an improved and expanded toolkit

section to help you both create your personalized plan and ensure that you'll stay on track to reach your goals. If you're fed up with fads and want a realistic approach for a lifetime of effective weight control and good health, *No-Fad Diet* is the book for you. Recipe Excerpt from American Heart Association No-Fad Diet Wild Rice and Chicken Chowder Serves 4; 1 1/2 cups per serving This hearty soup will fill you up and warm you up on a cold winter day. Ingredients 1 teaspoon canola or corn oil 8 ounces chicken tenders or boneless, skinless chicken breasts, all visible fat discarded, cut into 1/2-inch cubes 1 medium carrot, sliced crosswise 1/2 medium onion, thinly sliced 3 cups fat-free, low-sodium chicken broth 6- to 7-ounce box quick-cooking white and wild rice, seasoning packet discarded 1/2 teaspoon dried thyme, crumbled 1/2 teaspoon dried sage 1/2 teaspoon salt 1/8 teaspoon pepper 8 ounces broccoli florets 1/2 cup fat-free half-and-half 1/2 cup shredded or grated Parmesan cheese Instructions In a large saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 3 to 4 minutes, or until browned, stirring occasionally. Stir in the carrot and onion. Cook for 2 to 3 minutes, or until they are tender-crisp, stirring occasionally. Pour in the broth. Bring to a simmer. Stir in the rice, thyme, sage, salt, and pepper. Return to a simmer. Reduce the heat and simmer, covered, for 20 minutes, stirring occasionally. Stir in the broccoli. Simmer, covered, for 5 minutes, or until the broccoli and rice are tender. Stir in the half-and-half and Parmesan. Cook over low heat for 1 to 2 minutes, or until the Parmesan is melted, stirring occasionally. Nutrition Information per serving calories 243 total fat 3.5 g saturated fat 1.0 g trans fat 0.0 g polyunsaturated fat 0.5 g monounsaturated fat 1.5 g cholesterol 37 mg sodium 377 mg carbohydrates 31 g fiber 3 g sugars 5 g protein 23 g Dietary Exchanges 1 1/2 starch, 2 vegetable, 2 very lean meat

THE AMERICAN HEART ASSOCIATION is the nation's premier authority on heart health. Its bestselling library of cookbooks and guides includes *The New American Heart Association Cookbook*, 8th Edition; *American Heart Association Quick & Easy Meals*; *American Heart Association Complete Guide to Women's Heart Health*; *American Heart Association Healthy Family Meals*; *American Heart Association Low-Fat, Low-Cholesterol Cookbook*, 4th Edition; *American Heart Association Low-Salt Cookbook*, 3rd Edition; and *American Heart Association Quick & Easy Cookbook*. For more information, please visit [americanheart.org](http://americanheart.org) or call 1-800-AHA-USA1 (1-800-242-8721).

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 you'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. Avoiding excess salt, sugar, trans fats, and cholesterol, and eating varied and balanced, nutrient-dense food is solid, time-tested advice.2. Beginning a meal with a zero-calorie drink helps one feel sated by fewer calories.3. Cutting calories helps some people lose weight, at least in the short term. Cons:1. As explained at length in the preface, calorie-restricted diets usually increase ghrelin, which can lead to an increased number of fat cells, reduced leptin, and setting one's homeostatic fat-mass level to a heavier level, leading to weight gain.2. No advice is provided for reducing the number of fat cells, or improving leptin sensitivity, which is necessary for long-term fat reduction. Criticisms:1. Not all calories were created equal. The previous chapter included many studies and meta-analyses demonstrating the clear advantages of low-carb/high-protein diets for weight loss and other parameters (such as sugar stability, lowered triglycerides, etc.). In fact it is undisputed that low-carb diets are especially advantageous for short-term weight-loss. These studies span decades and are well known. Yet the American Heart Association claims that a calorie is a calorie no matter what the macronutrient source is. (pg. 13) They base this claim on a single study (for which they do not provide any details), writing: "In a recent study from the National Institutes of Health, experts compared four different diets representing a range of

percentages of fat, protein, and carbohydrates, and they found that all subjects lost about the same amount of weight.<sup>1</sup> The only study I am aware of that compares four different diets is a twelve-month study published in the Journal of the American Medical Association, in 2007 (Christopher D. Gardner, Alexandre Kiazand, Sofiya Alhassan, Soowon Kim, Randall S. Stafford, Raymond R. Balise, Helena C. Kraemer, and Abby C. King, *Comparison of the Atkins, Zone, Ornish, and Learn Diets for Change in Weight and Related Risk Factors among Overweight Premenopausal Women: The A to Z Weight Loss Study*, *Journal of the American Medical Association* (2007), <http://jama.jamanetwork.com/article.aspx?articleid=205916>). In it, 311 women were randomly assigned to follow the Atkins (very low carb), Zone (moderate/low carb), LEARN (high carb, low fat, based on national guidelines), or Ornish (very high carb) diets for twelve months. The study concludes: "The Atkins group on average lost roughly double the weight each of the other groups, and experienced more favorable overall metabolic effects at 12 months (4.7 kg vs. 10.3 lb.). Weight loss was not statistically different among the Zone, LEARN, and Ornish groups. Zone (1.6 kg vs. 3.5 lb.), LEARN (2.6 kg vs. 5.7 lb.), and Ornish (2.2 kg vs. 4.9 lb.)."<sup>2</sup> I am surprised that the American Heart Association published this diet book in 2005 and again in 2011, writing the above (that all types of divisions of macronutrients lead to the same weight loss), when in 2003, a six-month study that was sponsored by the American Heart Association was published in the *Journal of Clinical Endocrinology & Metabolism* (Bonnie J. Brehm, Randy J. Seeley, Stephen R. Daniels, and David A. Alessio, *A Randomized Trial Comparing a Very Low Carbohydrate Diet and a Calorie-Restricted Low Fat Diet on Body Weight and Cardiovascular Risk Factors in Healthy Women*, *Journal of Clinical Endocrinology & Metabolism* (2003), <http://press.endocrine.org/doi/full/10.1210/jc.2002-021480>), comparing the effects of a very-low-carb (Atkins) diet to a low-fat diet conforming to the guidelines currently recommended by the American Heart Association, concluding that the very-low-carb (Atkins) diet is more than doubly effective than the American Heart Association's low-fat diet for short-term weight loss (-18.7 lb. vs. -8.6 lb.).<sup>2</sup> The calorie deficit myth: The AHA promotes the idea that weight loss is pure and simple mathematics. They write (pgs. 12-13): "A calorie is a calorie. To create weight loss, you must change the balance in favor of calories out." Subtract about 500 calories per day to lose about 1 pound per week. Subtract about 1,000 calories per day to lose about 2 pounds per week.<sup>2</sup> The calculation is based on the fact that a pound of fat is 3,500 calories; therefore, a deficit of 500 calories x 7 days per week = 3,500 calories = 1 pound of fat. But this ignores the fact that calorie restriction quickly

leads to a slower metabolism, and more effective digestion that extracts more calories per portion (Chih-Yen Chen, Akihiro Asakawa, Mineko Fujimiya, Shou-Dong Lee, and Akio Inui, *Ghrelin Gene Products and the Regulation of Food Intake and Gut Motility*, *Pharmacological Reviews* (December 2009), <http://pharmrev.aspetjournals.org/content/61/4/430.full#ref-91>) They themselves admit (pg. 16): "Most people experience a decrease in metabolism at middle age." So why do they mislead people with their simplified math of "A calorie is a calorie," and ignore the fact that calorie restriction also slows metabolism? In the preface I explained why this misinformation is harmful, leading some people to gain weight, and leading dieters to think they are at fault for gaining back the lost weight. But to briefly recap, restricting calories increases ghrelin, which when chronic leads to an increased number of fat cells, lower leptin levels, and an increase in the homeostatic fat-mass level.

Met my expectations

Some of the ingredients are a little pricey, but there are some very good recipes and advice in this book. The smoothies are really good!

great if you follow diet

What a help, great recipes and info

good condition

really good info

easy to read, makes sense- a way to eat that is easy to remember. Many good. I will be able to follow this plan.

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