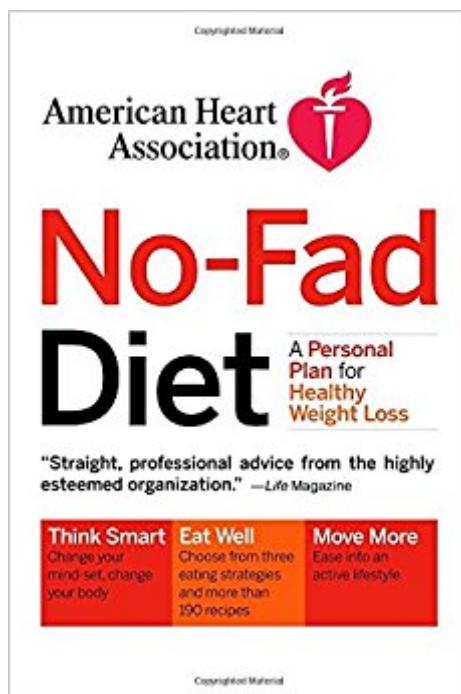


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# American Heart Association No-Fad Diet: A Personal Plan For Healthy Weight Loss



## Synopsis

By now, youâ€“â€œve 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€“â€œre like millions of other Americans, youâ€“â€œre still struggling to lose weight and get in shapeâ€“â€œ without harming your long-term health in the process. Itâ€“â€œs time to leave behind the one-size-fits-all approach to dieting. Now, the American Heart Association, the nationâ€“â€œs 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€“â€œll 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€“â€œll 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€“â€œre 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€“â€œs the only effective way to lose weight and keep it off? Itâ€“â€œs 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:â€¢ Tips on turning negative thinking into positive rewardsâ€¢ Simple quizzes to find the approach thatâ€“â€œs best for youâ€¢ Diary pages to record and monitor your eating and activity habits â€¢ Strategies to reduce calories and increase your activity levelsâ€¢ Guidelines to help you prepare your own nutritious meals â€¢ More than 190 delicious and healthful recipes â€¢ 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 EditionFrom the Hardcover edition.

## Book Information

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## Customer Reviews

The American Heart Association is the nation's most trusted authority on cardiovascular health. Its bestselling library of cookbooks includes: The New American Heart Association Cookbook, 7th Edition American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition American Heart Association One-Dish Meals American Heart Association Low-Calorie Cookbook American Heart Association Low-Salt Cookbook, 2nd Edition American Heart Association Quick & Easy Cookbook American Heart Association Meals in Minutes Cookbook. The American Heart Association has affiliates that serve the entire United States. For more information, call 1-800-AHA-USA1 (1-800-242-8721). From the Hardcover edition.

Tilapia and Spinach Roll-ups with Shallot and White Wine Sauce  
Serves 4; 3 ounces fish per serving  
Mild-flavored tilapia, which blends so nicely with other foods, is complemented here with baby spinach leaves and a topping of crushed walnuts.  
Ingredients  
4 tilapia fillets (about 4 ounces each)  
1/4 teaspoon salt  
Pepper to taste  
5 ounces fresh baby spinach leaves  
1/2 cup shredded or grated Parmesan cheese  
1 cup dry white wine (regular or nonalcoholic), plus more as needed  
1/2 cup fat-free, low-sodium chicken broth or low-sodium vegetable broth, plus more as needed  
1 medium shallot, minced  
2 tablespoons walnuts, crushed  
To Prepare  
Preheat the oven to 375° F.  
Rinse the tilapia and pat dry with paper towels. Place the fish on a flat surface. Sprinkle the fish with the salt and pepper. Place the spinach on the fish. Sprinkle with the Parmesan. Starting at a short end, roll each fillet jelly-roll style. Secure each roll-up with a wooden toothpick. Place the

fillets in a glass 13 x 9 x 2-inch baking dish. Pour the wine and broth over the fish, using enough liquid to fill the dish to a depth of about 1/2 inch. Sprinkle the shallot over the fish. Bake, covered, for 30 minutes, or until the fish flakes easily when tested with a fork. To serve, using a slotted pancake turner, transfer the roll-ups to plates. Sprinkle with the walnuts. Per ServingcaloriesÂ Â 188total fatÂ Â 6.0 gsaturatedÂ Â 2.0 gpolyunsaturatedÂ Â 2.0 gmonounsaturatedÂ Â 1.0 gcholesterolÂ Â 50 mgsodiumÂ Â 383 mgcarbohydratesÂ Â 3 gfiberÂ Â 1 gsugarÂ Â 0 gproteinÂ Â 22 gDietary Exchanges1 vegetable; 3 lean meatFrom the Hardcover edition.

This book presents a solid, basic diet plan that includes a balance of nutrients, low fat without being obsessive, and relatively low sodium. The book helps you to calculate the number of calories you should eat per day, offers suggestions for gradually incorporating exercise, provides forms for keeping records of your goals and progress, and a number of recipes. For those who have not dieted before, or who have tried different fad diets and found them unlivable, this book offers a healthy, do-able program. Those experienced with balanced, low-calorie diets which advocate moderate exercise will find nothing new here. I was looking for a "jump start" and hoping for new information to motivate me. I didn't receive that from this book-- but someone new to weight loss programs, or sick of offbeat diets that cannot be sustained over the long haul, will find a solid plan here. The recipes are simple, taste good, are not a huge leap from "ordinary" eating, and do not involve weird or exotic ingredients. You won't have to order special, expensive foods (a la the Atkins diet) or eat artificial substitutes in order to follow them. Most are family-friendly, which is important if the dieter has (like me) to cook for a spouse and children.

Personally Way more complicated than Weight watchers. Also I have an APP on my phone that tracks calories and exercise and water intake and at the end of the day shows what my diet looked like as in carbs sodium and sugars and fats.

This is a great educational cook book with simple recipes that are heart healthy. If you are looking for practical weight loss tips using real food not fads or processed crap. this is the book to get.

My main objective in purchasing this book was to get me on track with my cholesterol as well as drop about 10-15 pounds. The first thing I learned was that my portions were way out of line - I had no idea! I like the fact that it offers variations to follow in your diet plan as well as different calorie counts (1200; 1600; 2000) depending on your size & gender. This is no quick fix, but a lesson in

how to change your eating habits. The reason I gave it 4 stars instead of 5 is that for me it used way too much refined sugar & flour products. Very few breakfast selections fall into the savory category, most were sweet. For someone who is used to eggs & bacon for breakfast, dried cherry fruit bread, fruit smoothies, & cereal just don't cut it! I did lose weight - 4 lbs. in one month, but have not been able to keep it off. So, I am starting over. I will still use this book as it has the portion control, calorie count that I need, but I wish it had less refined sugar & flour products & more whole grain, savory options.

I have tried most of the fad diets and the bottom line is that eliminating food groups is not sustainable or healthy. The key is to eat reasonable amounts of healthy food, with occasional indulgences and move more to get to a healthy weight, a healthy feeling and a healthy lifestyle. This book makes it very clear and gives a lot of how- to's to help you accomplish that. It also tells you that it is not easy and is very realistic about that.

No hassle getting it. I discovered I already had a hard back newer edition on my library shelf, but that was my error, not yours. I should have checked the copyright date, and previous printings. It is good information anyway, and I will give the copy I just received to the first person I see at my cardiologist's office. I haven't had time to see where the newer copy I already own differs from the older copy you just sent me.

Contains some good recipes to follow the American Heart Association diet. Recipes look appetizing and seem simple.

This is a logical, practical approach, that puts the responsibility on you to change your lifestyle. Losing weight and increasing fitness are not magical. In each area, diet and fitness, they suggest three basic techniques for achieving your goal, and explain how to decide which technique to use, or mix and match them. For instance, the 75 percent rule has you simply eat 75 sized portions of everything you already eat. Or you could make their recipes. Or do a little of both. Same thing with fitness: are you better suited for the group dynamic of a class, or maybe all you can muster us to increase the work involved in what you are already doing in your life? Or like me, can make a gym date once a week if you're lucky, so need to fill in with more trips up and downstairs with an extra load of laundry. Lots of good advice for those of us who lack the resources for the gym, or the time to count every calorie that comes across the plate.

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and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss

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