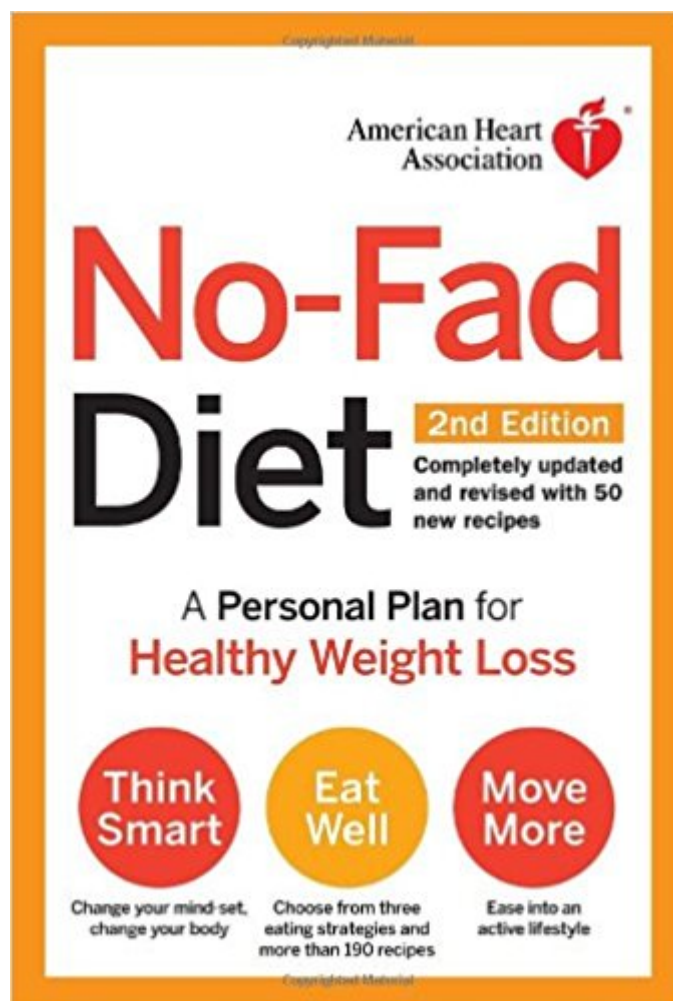


The book was found

# 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

Publisher: Clarkson Potter; 2 edition (January 18, 2011)

Language: English

ISBN-10: 0307407594

ISBN-13: 978-0307407597

Product Dimensions: 6.4 x 1.4 x 9.4 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (10 customer reviews)

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.

[Download to continue reading...](#)

American Heart Association No-Fad Diet, 2nd Edition: A Personal Plan for Healthy Weight Loss  
American Heart Association No-Fad Diet: A Personal Plan for Healthy Weight Loss  
Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb

High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners)  
Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure  
On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet  
Cookbook) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy  
Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan,  
diet guide) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy  
and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South  
Beach Diet Kindle) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About  
The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet  
Recipes)

[Dmca](#)