



## The Uncle Sam Diet: The 4-Week Eating Plan for a Thinner, Healthier America (Paperback)

By Dr Keith Ayoob, Barbara Hoffman

St. Martin s Press, United States, 2005. Paperback. Book Condition: New. 168 x 104 mm. Language: English . Brand New Book. The UNCLE SAM DIET is based on the new 2005 US Dietary Guidelines for Americans. Based on solid science, its an eating style that you can stay with and thrive on. No gimmicks here, and no fads. Dr. Keith Ayoob, a registered dietitian and associate professor at the Albert Einstein College of Medicine in New York, uses the USDAs new dietary guidelines to design an eating plan based on good, wholesome foods. Its simple its safe and it works! \* Lots of good foodsfrom all food groupsso you never feel hungry.\* Weekly menus for breakfast, lunch, dinner, and snacksyou can even have a latte or two!\* Huge, hungry mans servings of vegetables and fruitsevery day.\* Delicious whole grainsmuffins, breads, bagels and more.\* Nutritious snacks for hunger attacks Got kids? Great! These guidelines are good for anyone age 2 and older. The new Dietary Guidelines are chock-full of great changes for you and your family. Dr. Ayoob takes the nutrition-ese out of the governments gobbledygook and gives you meal plans and recipes that are easy to use and delicious. The...



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