

Miracle Cuisine Minceur

by Ruth K. Malinowski

Master the new French cooking
that's low-calorie,
low-cholesterol
and highly delicious!
Completely
simplified!



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SA Adler



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A complete week by week diet and exercise program arranged around different themes for each week of the year is presented in this comprehensive guide to weight loss and permanent weight control A 90 day exercise plan progresses through four levels of intensity flexibility firmness strength endurance to a maintenance program designed to reach and maintain peak fitness Detailed descriptions and diagnosis are provided for a variety of each type of exercise Food nutrition and diet related topics that are examined include 1 behavior modification 2 emotional and cultural dependencies on food 3 guidelines for low calorie food and drink preparation 4 attraction of quick weight loss schemes 5 vegetarian diets 6 nutritional needs of pregnancy 7 importance of breakfast and 8 the role of appetite in regulating food intake Selected diet organizations i e Weight Watchers International Diet Workshop TOPS Club Overeaters Anonymous Diet Control Centers Lean Line Diet Center Truans Clubs and their basic principles and sample menus are described Background information is presented on major classes of nutrients i e proteins carbohydrates fats vitamins and minerals and disorders associated with overweight Tables show nutrient requirements functions and food sources desirable weights for men and women and the Recommended Dietary Allowances and Estimated Safe and Adequate Allowances for selected nutrients aje **Books in Print Supplement**, 1982 *France* Darwin Porter, Danforth Prince, 1996 Current Book Review Citations, 1980

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