

<<阿特金斯饮食观ATKINS FOR LIFE>>

图书基本信息

书名：<<阿特金斯饮食观ATKINS FOR LIFE>>

13位ISBN编号：9780312315238

10位ISBN编号：0312315236

出版时间：2003-12

出版时间：St Martins Pr

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页数：368

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内容概要

Atkins, cardiologist and founder of the Atkins Center for Complementary Medicine in New York City, has advocated his high protein/low carb diet regimen for some 30 years (Dr. Atkins' Diet Revolution was published in 1972, and Dr. Atkins' New Diet Revolution in 1992). While fans of the butter-eggs-steak diet have long supported the Atkins program as a way of life, until this past year, the medical community has not warmly endorsed the plan. However, recent studies show that the Atkins plan has enabled dieters to both lose and maintain their weight loss as well as reduce their cholesterol levels. This book, which can be used by people familiar with the Atkins plan as well as those who have not followed it, offers detailed questionnaires designed to help readers understand the preferred food choices. Particularly helpful are the charts of "eat regularly," "eat in moderation" and "eat sparingly." Some of the inclusions may surprise readers but Atkins offers explanations of which foods fall into the "higher carb" categories (potatoes, bananas, rice cakes) and therefore must be limited. First-person success stories are sprinkled throughout the book. The second half of the book includes a month's worth of meal plans, holiday menus, and 125 recipes for a variety of foods, including jerk shrimp, potato salad, brown rice pilaf, zucchini latkes, rhubarb applesauce and chocolate souffle. While this diet won't work for everyone, especially vegetarians, this guide is a comprehensive overview for dieters who are ready to embrace the Atkins philosophy.

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