

<<营养指南>>

图书基本信息

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## 内容概要

The nation's recent fat-free "health" craze has resulted in obesity levels up 30 percent, unchanged heart disease rates, an increase in diabetes, and a sugar consumption rate of 150 pounds per year per American! Anne Louise Gittleman's Guide to the 40/30/30 Phenomenon offers a more effective approach to healthy eating and permanent weight loss. The 40/30/30 diet provides a balance of complex carbohydrates, protein, and fat devised to make the best use of the body's hormonal responses to food, thereby regulating blood sugar, reducing stored fat, and preventing hunger and cravings. Time-tested, this user-friendly approach to restored health can be adjusted to fit an individual's biochemical makeup, including blood type.

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