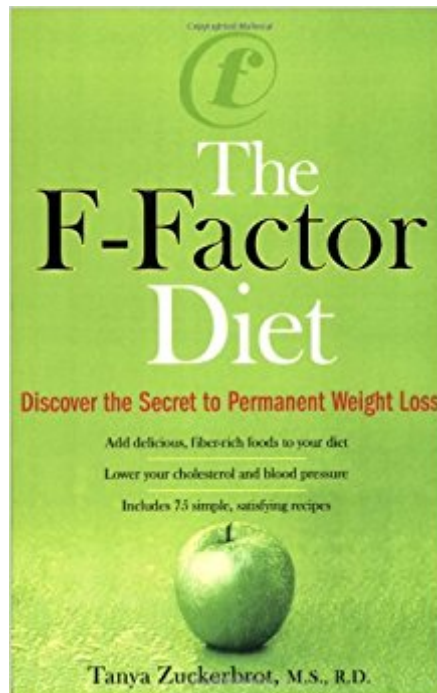




The book was found

# The F-Factor Diet: Discover The Secret To Permanent Weight Loss



## Synopsis

**\*\*Featured in Allure, New YorkÂ magazine, Town & Country, and more**A top nutritionist reveals the secret to permanent weight loss. To help her busy clients ditch the fad diets,Tanya Zuckerbrot spent more than a decade designing a healthful, delicious, sustainable diet that sheds pounds, boosts energy, lowers cholesterol, and reduces the risk of heart disease and diabetes. The F-Factor Diet presents a fresh take on eating high-fiber carbs, and reveals the secrets to satisfying meals and lasting weight loss, including: - A simple three-stage program - A wide array of food choices - More than 75 delicious recipes-from appetizers through desserts-and a complete set of guidelines for those who don't want to cook - Journal pages and helpful hints to keep dieters on track

## Book Information

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## Customer Reviews

Decrying fad diets, board-certified dietician Zuckerbrot devised a diet that emphasizes fiber consumption without worrying much about carbs, fats or calories. The key, she asserts, is combining fiber with lean protein at every meal. Besides all the health benefits fiber provides-discussed here at length-an additional benefit is that, since fibrous foods are more filling, diners feel full more quickly and are likely to eat less. Zuckerbrot lays out a step-by-step plan, complete with recipes and menu suggestions for eating at home and dining out. Yes, there's a recipe for healthful standby Cabbage Soup, but there are also recipes for Broiled Salmon with Dill, Tandoori Chicken and Breakfast Burritos. Even those who don't follow Zuckerbrot's regimen will learn much from her professional insight (she has some choice words for doctors-including

bestsellers Dr. Atkins and Dr. Agatson-posing as nutritionists), as well as the fiber and carb content for a huge list of foods. Zuckerbrot's sensible, educational approach and easy-to-follow diet plan make this book worthwhile. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

I would recommend The F-Factor Diet because that is a great book and a great way of eating. It works. • "Megyn Kelly, Fox News

good concepts in this book

Good information, but having a hard time adjusting to the amount of fiber!

Nice to once again see the importance of fiber in the diet. Also, interesting to know how to calculate my particular calorie needs.

This is my third week using the F-factor program and so far, I've lost 5lbs. But more importantly, I'm working on creating a healthy outlook toward food. Tanya Zuckerbrot does more than just tell you what you can or can not eat, she spends the first five chapters of the book explaining why. It gets to be fun seeing what foods are the best for you to eat. And her rule: 1 lean protean, and fiber at every meal, makes food planning actually pretty simple. The only reason I gave this a 4 out of 5 is that she does not address the inevitable plateau/stuck-in-a-rut that seems to happen with any major change in diet.

I needed to increase my fiber consumption on Paleo. Not too much new info in this book.

started reading it. Very interesting. Thank you!

It was I treating read been trying to follow makes sense

This book says the same thing over and over and over again. It could have been a "pamphlet." The ideas are good, but belaboring became annoying. If there's an app that can track fiber (based on this book) that would be a better buy.

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