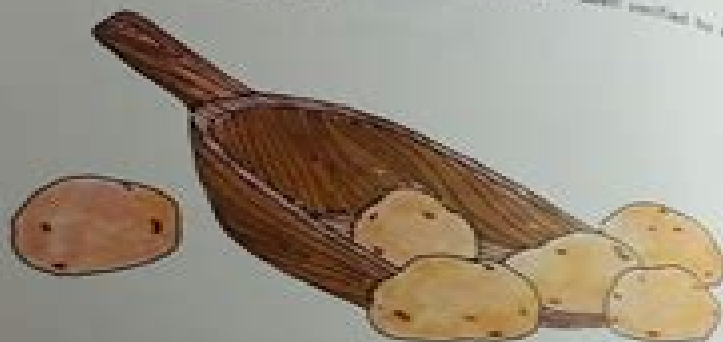


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NOTE: All calorie counts in this cookbook have been verified by a registered dietician.



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Good News for Dieters

Want to shed those extra pounds? You don't have to give up all your favorite foods . . . far from it! Experience has shown that a reducing program based on a beautiful variety of familiar foods is the most successful slimming technique there is.

Ask your doctor. Nutritionists and physicians are firmly opposed to fad diets—those that rule out whole categories of food in favor of a few limited choices. Fad dieting can wreck your health and vitality by robbing you of the important nutrients your body needs every day. Moreover, some fad diets provide too high a concentration of certain nutrients. A low carbohydrate/high protein diet, for example, is almost always high in saturated fats. In addition, fad diets are usually doomed to failure before they begin. Preparing separate meals for the rest of the family and the sheer impossibility of it all will cause you to be a "diet dropout" far short of your goal. And whatever weight you might manage to lose will tend to come right back again . . . rapidly! Because fad dieting doesn't help you change your eating patterns.

INTRODUCING THE POTATO

... something good that's good for you. The potato is everybody's favorite vegetable . . . with such a satisfying taste it's no wonder so many people have the mistaken notion that it's fattening! But the fact is that a medium-size potato (3 per pound) is surprisingly low in calories, less than equal weights of such diet-accepted foods as pears, bananas, even bran flakes! See for yourself:

POTATOES ARE RELATIVELY LOW IN CALORIES!

	Serving Size	Calories per Serving ¹
Potato, baked	1 medium	90
Potato, boiled without skin	1 medium	80
Potato, boiled with skin	1 medium	105
Potato, mashed with milk only	1/2 cup	63
Potato, mashed with milk and butter (part)	1/2 cup	93

¹ USDA Home and Garden Bulletin No. 72, "Nutritive Value of Foods," 1971.

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The Potato Lover's Diet Cookbook Barbara Gibbons, 1973 AARP The Paleo Diet Cookbook Loren Cordain, 2012-04-17

AARP Digital Editions offer you practical tips proven solutions and expert guidance Dr Loren Cordain s The Paleo Diet has helped thousands of people lose weight keep it off and learn how to eat for good health by following the diet of our Paleolithic ancestors and eating the foods we were genetically designed to eat Now this revolutionary cookbook gives you more than 150 satisfying recipes packed with great flavors variety and nutrition to help you enjoy the benefits of eating the Paleo way every day Based on the breakthrough diet book that has sold more than 100 000 copies to date Includes 150 simple all new recipes for delicious and Paleo friendly breakfasts brunches lunches dinners snacks and beverages Contains 2 weeks of meal plans and shopping and pantry tips Features 16 pages of Paleo color photographs Helps you lose weight and boost your health and energy by focusing on lean protein and non starchy vegetables and fruits From bestselling author Dr Loren Cordain the world s leading expert on Paleolithic eating styles Put The Paleo Diet into action with The Paleo Diet Cookbook and eat your way to weight loss weight control maintenance increased energy and lifelong health while enjoying delicious meals you and your family will love

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