

The background of the book cover is a close-up photograph of a large pile of white, fluffy popcorn. The popcorn is densely packed and fills the entire frame. Overlaid on this background are several colored rectangular blocks: a dark blue block at the top left, a red block containing the title, a dark blue block containing the author's name, and a white block at the bottom containing the subtitle.

# THE POPCORN PLUS DIET

JOEL HERSKOWITZ, M.D.

A doctor's new program to satisfy  
hunger & lose weight permanently

# Popcornplus Diet

**Andrew F. Smith**



## **Popcornplus Diet:**

**The Popcorn Plus Diet** Joel Herskowitz, 1987 Abstract Behavior modification techniques nutritional awareness exercise and goal setting are key to the Popcorn Plus Diet Plain popcorn being low in calories high in fiber and enjoyable to eat is encouraged as the acceptable solution to hunger and desire to eat Patterns of overeating benefits of losing weight a description of popcorn and its history how the diet works setting goals overweight children and the popcorn plus diet are discussed A list of behavior goals and daily meal plans for 1000 1200 and 1400 calories daily are presented Popcorn recipes snack ideas other recipes and caloric contents of common foods are provided References are made to a registered dietitian in formulating the presented meal plans **The Dieter's Directory** Dean D. Kimmel, 1993 **Health Related Cookbooks** Tian-Chu Shih, 1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA **The Dee-troit Diet** Bill Laitner, 1989 **Serial Murderers Art** Crockett, 1990 **Popped Culture** Andrew F. Smith, 2021-11-24 The history legends and cookery of America's favorite snack food Whether in movie theaters or sports arenas at fairs or theme parks around campfires or family hearths Americans consume more popcorn by volume than any other snack To the world popcorn seems as American as baseball and apple pie Within American food lore popcorn holds a special place for it was purportedly shared by Native Americans at the first Thanksgiving In Popped Culture Andrew F Smith tests such legends against archaeological agricultural culinary and social findings While debunking many myths he discovers a flavorful story of the curious kernel's introduction and ever increasing consumption in North America Unlike other culinary fads of the nineteenth century popcorn has never lost favor with the American public Smith gauges the reasons for its unflagging popularity the invention of wire over the fire poppers commercial promotion by shrewd producers the fascination of children with the kernel's magical pop and affordability To explain popcorn's twentieth century success he examines its fortuitous association with new technology radio movies television microwaves and recounts the brand name triumphs of American manufacturers and packagers His familiarity with the history of the snack allows him to form expectations about popcorn's future in the United States and abroad Smith concludes his account with more than 160 surprising historical recipes for popcorn cookery including the intriguing use of the snack in custard hash ice cream omelets and soup *Princeton Alumni Weekly* Jesse Lynch Williams, Edwin Mark Norris, 1986 **The Fat of the Land** Michael Fumento, 1998 In this thinking person's guide to weight loss Fumento exposes the diet industry for what it is explodes the myths of genetics and low metabolism and dismisses the low fat food fib showing how lite is loaded with unwanted calories and non fat makes us fatter **The Great American Bathroom Book** Compact Classics, 1992-10 The Great American Bathroom Book had its beginnings on a cross country flight as Lan England started wishing he had a short summary of every classic he'd heard about but didn't have time to read Lan decided he wasn't the

only person who felt this way He hired Stevens Anderson an editor who hired college professors and other bookworms who loved to read The result was the The Great American Bathroom Book Vol I a collection of 130 2 page summaries from great books of all genres from Don Quixote to The Road Less Traveled Volume I also features 90 research overviews on subjects like Putting Spark in Your Relationships Managing Conflict Time saving Tips and more Volume II features over 220 book summaries and a section of Quotes and Anecdotes Volume III has more than 180 new summaries as well as 8 Thought Collections and sections of Facts and Inquiries      **Bibliography of Agriculture with Subject Index** ,1988-10      **Two**

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