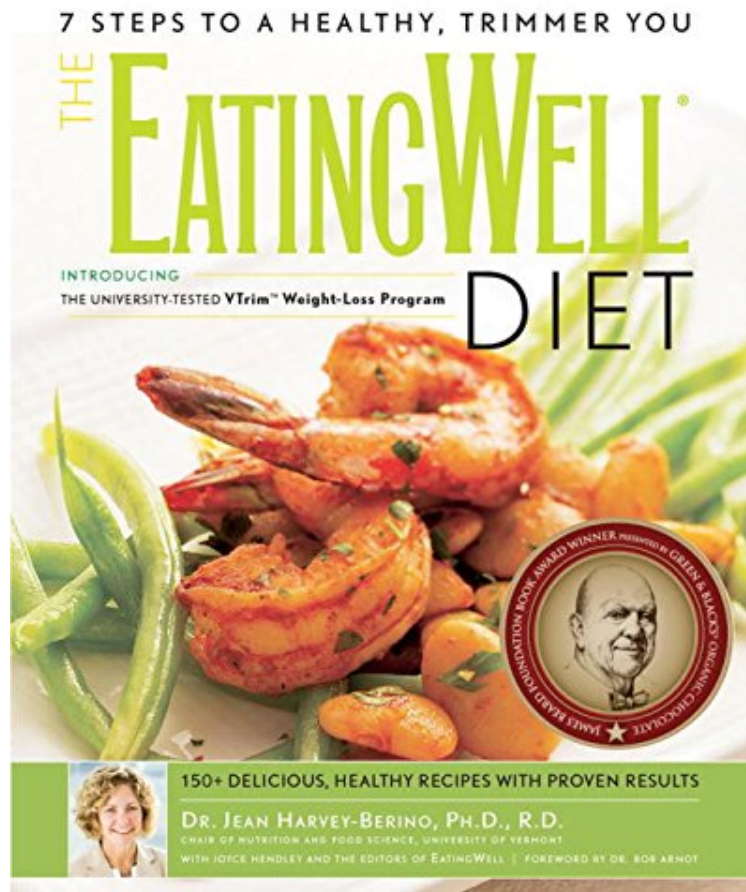


[Download ebook] The EatingWell Diet: Introducing the University-Tested VTrim Weight-Loss Program (EatingWell)

## The EatingWell Diet: Introducing the University-Tested VTrim Weight-Loss Program (EatingWell)

Jean Harvey-Berino

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**Jean Harvey-Berino : The EatingWell Diet: Introducing the University-Tested VTrim Weight-Loss Program (EatingWell)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The EatingWell Diet: Introducing the University-Tested VTrim Weight-Loss Program (EatingWell):

69 of 69 people found the following review helpful. This works!By Scott LloydMy wife and I have lost weight every week we have tried this diet. It is very easy to understand and implement. The recipes are fantastic and very filling. We are amazed that we can lose weight and still eat most of the foods we love. We are eating better and feeling better than we have for years. The concept behind this book does not rely on gimmicks or unproven theories. The basic idea is that your body is like a calculator. What is added is calorie intake (weight you gain) what is subtracted is energy burned (weight you lose). The book explains how to easily calculate and eventually balance this equation. After trying

a host of diets that were embarrassingly unscientific and unworkable it is nice to find one that is logical and practical. 2 of 2 people found the following review helpful. Great book, but go hardback By CloudShepherd I like the book and the recipes. Good solid diet advice, great food, well worth the retail price. However, if you have a choice, I would strongly recommend the hardback version. Why? Because the pages in the paperback fall out. I've never seen a cookbook so poorly bound. The paper is also very slick, similar to the paper used in National Geographic magazine, only thinner. If food falls on it, it's like a sponge. My copy, (purchased new on ) was published by the Countryman Press in Vermont, and really, they should be embarrassed to put their name on it. Note: The book just slipped off the table onto the floor and ALL the pages came loose from the binding. I think they forgot the glue. I have never handled the hardback version, but it's got to be better. I wouldn't recommend the Kindle version either. I don't like Kindle versions of cookbooks in general, but the diet book has forms to fill out to help dieters track their progress, find inspiration and motivation. It's a cookbook, yes, but also a workbook. 11 of 11 people found the following review helpful. Delicious, realistic food that even my toddler enjoys By Ellie Z The first 97 pages of this book are devoted to outlining the Eating Well diet and lifestyle plan. Following that is 150 recipes divided into sections such as breakfast, salads, soups, poultry, snacks, etc. In addition to the nutritional information that one would expect to find, each recipe has an icon at the bottom that indicates if the dish is low carb, low cal, or high in fiber. I've made 9 of the recipes in this book so far and each one of them has surpassed my expectations! In fact, the Chicken with creamy chive sauce has become a regular feature on our weekly menu. Bottom line: the recipes are well written, easy to follow, contain common ingredients, and result in food that tastes good and is good for you.

A science-based plan that brings together cutting-edge, university-tested weight-loss strategies with delicious, quick, and easy recipes. "Almost everyone knows the truth: to lose the weight, we need to eat less and move more," says weight-management pioneer Jean Harvey-Berino. "This book is about the missing link: how to do it." Harvey-Berino believes that permanent weight loss only happens by changing everyday behaviors: replacing old, unhealthy habits with new ones. And clinical research proves her right: participants in her behaviorally based VTrim Weight Management Program lost an average of 21 pounds in 6 months more than double that of an online commercial weight-loss program. In a unique collaboration, The EatingWell Diet brings you the tools that helped "VTrimmers" succeed including goal-setting, self-tracking, and controlling eating "triggers" along with wisdom and recipes from the creative cooks and nutrition experts at the nation's premier magazine of food and health. More than just a sensible way to lose weight, it's a workbook for a healthy way of life. Full-color photographs throughout

About the Author Jean Harvey-Berino, Ph.D., R.D., developed the VTrim Weight-Management Program upon which The EatingWell Diet is based. Professor and Chair of the department of nutrition and food science at the University of Vermont, she is an internationally recognized expert of weight loss, obesity and nutrition. A distance runner who has completed seven marathons, Dr. Harvey-Berino lives in Hinesburg, VT. The EatingWell Media Group is a fast-growing communications company producing an award-winning national consumer magazine, high-quality food- and nutrition-related books, a content-rich website, e-mail newsletters, and serving content to strategic partners with other electronic media.