

biggest loser diet plan

biggest loser diet plan is a popular nutritional approach inspired by the widely recognized weight loss television show, "The Biggest Loser." This diet plan emphasizes a balanced intake of healthy foods, portion control, and sustainable habits to promote effective weight loss and overall wellness. Designed to complement an active lifestyle, the Biggest Loser diet plan focuses on nutrient-dense foods while minimizing processed ingredients, added sugars, and unhealthy fats. It is often paired with regular exercise routines to maximize fat loss and improve metabolic health. This article explores the fundamental principles of the Biggest Loser diet plan, its typical meal structure, the role of exercise, potential benefits, and considerations for long-term success. Understanding this diet plan can provide valuable insights for individuals seeking a structured and proven method to achieve significant weight loss.

- Understanding the Biggest Loser Diet Plan
- Core Components of the Diet
- Sample Meal Plans and Foods to Include
- Exercise Integration with the Diet
- Benefits and Potential Challenges

Understanding the Biggest Loser Diet Plan

The Biggest Loser diet plan is rooted in principles that promote a calorie deficit while ensuring adequate nutrition. It was developed alongside the intensive fitness and lifestyle changes showcased

on the television program "The Biggest Loser," where participants followed a structured eating plan combined with rigorous physical activity. The diet prioritizes whole, unprocessed foods and emphasizes portion control to facilitate fat loss without compromising energy levels or muscle mass. Unlike fad diets, the Biggest Loser diet plan encourages sustainable habits that support long-term weight management. It also incorporates behavioral strategies aimed at improving food choices and fostering a healthy relationship with eating.

Origin and Philosophy

Originating from the weight loss program featured on the reality show, the Biggest Loser diet plan is designed to help individuals lose significant weight through controlled caloric intake and balanced nutrition. The philosophy centers on creating a negative energy balance by consuming fewer calories than expended, mainly through nutrient-rich foods. This approach not only supports weight loss but also aims to improve metabolic function and overall health.

Caloric Guidelines

The diet typically involves a reduced calorie intake tailored to individual needs, often ranging between 1,200 to 1,800 calories per day depending on factors such as age, sex, and activity level. The goal is to maintain a calorie deficit while providing sufficient macronutrients to sustain muscle mass and energy. Monitoring portion sizes and meal timing are critical aspects of maintaining this balance within the Biggest Loser diet plan.

Core Components of the Diet

The Biggest Loser diet plan consists of several key nutritional components designed to optimize fat loss and health outcomes. These include balanced macronutrient distribution, emphasis on high-fiber foods, lean protein sources, and limited intake of unhealthy fats and sugars. Hydration and meal frequency also play important roles in the diet's effectiveness.

Macronutrient Breakdown

The diet advocates a balanced macronutrient approach, typically consisting of approximately 40-50% carbohydrates, 25-30% protein, and 20-30% fats. Complex carbohydrates from whole grains, fruits, and vegetables provide energy and fiber, which aids digestion and satiety. Protein intake is prioritized to preserve lean muscle mass during weight loss, with sources including lean meats, poultry, fish, legumes, and low-fat dairy. Healthy fats, such as those from nuts, seeds, avocados, and olive oil, are included in moderation to support cellular health and hormone production.

Portion Control and Meal Timing

Portion control is a fundamental aspect of the Biggest Loser diet plan, helping to prevent overeating and maintain a calorie deficit. Meals are often structured into three main meals and two snacks per day, which helps to stabilize blood sugar levels and curb hunger. Eating smaller, frequent meals encourages consistent energy levels and reduces the likelihood of binge eating or unhealthy snacking.

Hydration

Proper hydration is emphasized as an essential component of the diet. Drinking adequate water supports metabolic processes, aids digestion, and can help control appetite. The Biggest Loser diet plan recommends drinking at least 8-10 glasses of water daily, with additional fluids consumed around exercise sessions to maintain hydration.

Sample Meal Plans and Foods to Include

A typical Biggest Loser diet plan meal focuses on whole foods that are nutrient-dense, low in calories, and high in fiber and protein. Meals are designed to be satisfying while promoting a calorie deficit and avoiding empty calories from processed foods and sugary snacks.

Breakfast Options

Breakfast meals often combine lean proteins with complex carbohydrates and healthy fats to provide sustained energy. Examples include:

- Oatmeal topped with fresh berries and a sprinkle of nuts
- Egg white omelet with spinach, tomatoes, and a slice of whole-grain toast
- Low-fat Greek yogurt with sliced fruit and a teaspoon of flaxseeds

Lunch and Dinner Ideas

Lunch and dinner meals focus on lean proteins paired with vegetables and whole grains. Common choices include:

- Grilled chicken breast with quinoa and steamed broccoli
- Baked salmon with a side of roasted vegetables and brown rice
- Turkey chili made with beans, tomatoes, and assorted peppers

Snacks and Beverages

Healthy snacks help maintain energy and prevent overeating during main meals. Recommended snack options include:

- Carrot sticks with hummus

- A small apple with almond butter
- Cottage cheese with cucumber slices

Beverages primarily consist of water, herbal teas, and occasionally black coffee or unsweetened beverages, avoiding sugary drinks and sodas.

Exercise Integration with the Diet

Physical activity is a critical component of the Biggest Loser diet plan, as it enhances calorie expenditure, supports muscle retention, and improves cardiovascular health. The diet is most effective when combined with a structured exercise regimen tailored to individual fitness levels.

Types of Exercise Recommended

The program incorporates both aerobic and resistance training exercises. Aerobic activities such as walking, jogging, cycling, and swimming help burn calories and improve heart health. Resistance training, including weight lifting and bodyweight exercises, is essential to preserve lean muscle mass during weight loss and boost metabolic rate.

Exercise Frequency and Duration

Participants typically engage in physical activity most days of the week, aiming for at least 150 minutes of moderate-intensity aerobic exercise combined with two to three resistance training sessions weekly. Gradual progression in intensity and duration is recommended to avoid injury and promote adherence.

Benefits and Potential Challenges

The Biggest Loser diet plan offers numerous benefits including significant weight loss, improved metabolic markers, enhanced energy levels, and better overall health. However, like any diet, it also presents challenges that must be managed for long-term success.

Health Benefits

The diet's emphasis on whole foods, balanced nutrition, and calorie control supports weight reduction, lowers blood pressure, improves cholesterol levels, and decreases the risk of chronic diseases such as type 2 diabetes and heart disease. Combined with exercise, it promotes lean muscle preservation and enhances fitness.

Common Challenges

Some potential challenges include maintaining motivation over time, managing hunger and cravings, and adapting the plan to individual preferences and lifestyles. The intensity of the associated exercise regimen may be difficult for some, necessitating modifications. Additionally, rapid weight loss approaches may require careful monitoring to prevent nutrient deficiencies or metabolic slowdown.

Strategies for Success

1. Gradually incorporate dietary changes and physical activity to build sustainable habits.
2. Plan meals ahead to avoid impulsive food choices.
3. Seek support from healthcare professionals or nutritionists when needed.
4. Monitor progress regularly and adjust the plan to meet evolving needs.

5. Focus on nutrient quality rather than just calorie counting.

Frequently Asked Questions

What is the Biggest Loser diet plan?

The Biggest Loser diet plan is a weight loss program inspired by the TV show 'The Biggest Loser,' focusing on calorie reduction, balanced nutrition, and portion control to promote healthy and sustainable weight loss.

How many calories are typically allowed in the Biggest Loser diet plan?

The Biggest Loser diet plan generally recommends consuming between 1,200 to 1,500 calories per day, depending on individual factors such as age, gender, and activity level.

What types of foods are emphasized in the Biggest Loser diet plan?

The diet emphasizes lean proteins, plenty of vegetables, whole grains, and healthy fats while limiting processed foods, sugary snacks, and high-fat items.

Is the Biggest Loser diet plan suitable for everyone?

While the plan encourages healthy eating habits, it may not be suitable for everyone, especially those with certain medical conditions. It's advisable to consult a healthcare professional before starting the diet.

Does the Biggest Loser diet plan include exercise recommendations?

Yes, the plan incorporates regular physical activity, including both cardio and strength training

exercises, to enhance weight loss and improve overall fitness.

What are some potential benefits of following the Biggest Loser diet plan?

Potential benefits include significant weight loss, improved cardiovascular health, increased energy levels, better eating habits, and enhanced overall well-being when followed correctly.

Additional Resources

1. *The Biggest Loser Diet: The Ultimate Guide to Healthy Weight Loss*

This book offers a comprehensive overview of the diet plan featured on the popular TV show "The Biggest Loser." It includes detailed meal plans, recipes, and tips for sustainable weight loss. Readers will learn how to balance nutrition and exercise to maximize results without feeling deprived.

2. *Biggest Loser Cookbook: Simple and Delicious Recipes for Weight Loss*

Featuring a collection of easy-to-make recipes, this cookbook complements the Biggest Loser diet by focusing on nutritious, low-calorie meals. It emphasizes whole foods, portion control, and flavor to keep dieters motivated. Each recipe is designed to support weight loss and improve overall health.

3. *The Biggest Loser 30-Day Jumpstart*

This book provides a structured 30-day plan to kickstart weight loss using the Biggest Loser principles. It combines meal plans, grocery lists, and daily exercise routines to help readers build healthy habits. The program is designed for beginners looking for a clear and manageable path to weight loss.

4. *Biggest Loser Mindset: Transform Your Relationship with Food*

Focusing on the psychological aspects of weight loss, this book explores strategies to overcome emotional eating and develop a positive mindset. It offers practical advice on goal setting, motivation, and self-discipline. The author draws from the experiences of Biggest Loser contestants to inspire lasting change.

5. The Biggest Loser Nutrition Guide

This guide dives deep into the nutritional science behind the diet plan, explaining how different foods affect metabolism and energy levels. It provides tips on meal timing, macronutrient balance, and mindful eating. The book is ideal for readers who want to understand the "why" behind their diet choices.

6. Biggest Loser Fitness: Workouts to Maximize Weight Loss

Complementing the dietary approach, this book presents a variety of workouts designed to boost metabolism and build lean muscle. It includes strength training, cardio, and flexibility exercises suitable for all fitness levels. The routines are developed to enhance the effectiveness of the Biggest Loser diet plan.

7. The Biggest Loser Family Cookbook

This cookbook adapts the Biggest Loser diet for the entire family, offering kid-friendly and adult-approved meals. It helps families adopt healthier eating habits together without sacrificing taste or satisfaction. Recipes focus on balanced nutrition and easy preparation.

8. Biggest Loser Maintenance Plan: Keeping the Weight Off for Good

After losing weight, maintaining it can be challenging; this book addresses that critical phase. It provides strategies for sustaining healthy habits, managing cravings, and staying motivated long-term. Readers will find tools to prevent weight regain and continue thriving.

9. The Biggest Loser Clean Eating Plan

Promoting whole, unprocessed foods, this book aligns with the clean eating philosophy embraced by the Biggest Loser diet. It offers meal plans and recipes that eliminate artificial ingredients and emphasize nutrient-dense options. The plan supports detoxification, energy enhancement, and weight loss.

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biggest loser diet plan: **Step by Step Guide to the Biggest Loser Diet** Dr. W. Ness, 2020-01-24 Step by Step Guide to the Biggest Loser Diet: Beginners Guide and 7-Day Meal Plan for the Biggest Loser Diet, is a comprehensive guidebook and meal plan for those wanting to utilize the weight management and maintenance potentials of the Biggest Loser Diet. A must read for anyone concerned about how to calculate nutrient requirements, what their required macros are, what foods they should be eating, how they can cook healthy meals and still manage their body weight on this tried and tested diet. Inside this in-depth Biggest Loser diet guide you will discover: What the Biggest Loser Diet is. How the Biggest Loser Diet Works. What Foods You Can Eat on the Biggest Loser Diet. What Foods You Should Limit on the Biggest Loser Diet. Health Benefits of Following the Biggest Loser Diet. A Full 7-Day Biggest Loser Diet Meal Plan. How Balanced Nutrition can Help with Weight Management. And so Much More... Step by Step Guide to the Biggest Loser Diet: Beginners Guide and 7-Day Meal Plan for the Biggest Loser Diet, really is a must have to help you understand the what, why and how of the incredible Biggest Loser diet and to help you manage your body weight following this amazing diet tailored to your specific dietary needs and requirements allowing you to maintain and manage your body weight long-term.

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Loser Experts and Cast, 2006-10-03 Based on the New York Times bestseller, with calorie counts for more than 5,000 foods! Millions of inspired viewers have seen overweight contestants shape up and slim down on The Biggest Loser, NBC's hit unscripted show. Amazingly, their striking health makeovers were based on a simple calories in/calories out weight-loss strategy. This user-friendly guide is the perfect resource for anyone, whether you're looking to follow The Biggest Loser Weight Loss Plan or trying to stay informed about the foods you eat each day. With full nutritional analysis of thousands of foods and dining-out information ranging from fast-food favorites to sushi and other ethnic cuisines, The Biggest Loser Complete Calorie Counter has all you need to know to become the next Biggest Loser!

biggest loser diet plan: The Biggest Loser Success Secrets Biggest Loser Experts and Cast, Maggie Greenwood-Robinson, 2008-03-18 Millions of viewers have watched the contestants on The Biggest Loser, NBC's hit show, radically transform their bodies and their lives. In turn, many of those inspired fans have shed countless pounds on their own by following The Biggest Loser weight-loss program. But as anyone who has tried to get in shape knows, the hardest part of any regimen isn't the battle of the bulge--it's the battle of the mind! Now, the contestants share their diet and exercise success secrets and confess what helped them overcome their biggest challenges. Through their astonishingly candid revelations, you'll learn how to: -Find the time and energy to work out -Overcome powerful cravings for your favorite foods -Avoid slipping back into unhealthy-but comfortable-habits -Power through weight-loss plateaus -Overcome the temptation to quit and regain focus -Maintain weight after reaching your goal Staying healthy is a daily battle-and The Biggest Loser contestants have learned what it takes to win! Discover how their tried-and-true diet and exercise tips, insider wisdom, and personal stories can help you achieve your goals and live the life you've always wanted.

biggest loser diet plan: Paleo Diet For Weight Loss John Davidson, 2013-05-15 Paleo Diet For Weight Loss Should you be on a Paleo Diet? Find out what the research shows. Table of Contents Paleo Diet - An Introduction Question # 1: What is Paleo Diet ? Question # 2: What can I eat ? Question # 3: What good will it do to me ? Question # 4: Will Paleo Diet have any negative impact on my health ? Question # 5: Do you have any evidence for your claims ? SECTION I - Paleo Diet Weight Loss Chapter # 1: Overview Chapter # 2: Under the hood Chapter # 3: Paleo Diet, What and What not Chapter # 4: Is that it ? SECTION II - Paleo Diet vs Other Popular Diets Chapter # 1: The World of Diets Chapter # 2: Weight Watchers Diet Chapter # 3: Biggest Loser Diet Chapter # 4: Jenny Craig Diet Chapter # 5: Raw Food Diet Chapter # 6: Diet Comparison Chart SECTION III - Paleo Diet Menus Chapter # 1: Breakfast Chapter # 2: Lunch Chapter # 3: Dinner Conclusion References What is Paleo Diet? Basically, Paleo diet is a fancy word for caveman diet; it's what our ancestors used to consume tens of thousands of years ago when hunting was the only way to acquire food. The fundamental concepts behind the Paleo diet boil down to the genetic level. Simply put, our DNA has not significantly changed over the past 40 thousand years, and therefore, our bodies have not yet fully reformed to the contemporary, highly processed and artificial food items that are available in abundance nowadays. Thus the Paleo style of eating is the most biologically appropriate diet for us. What can I eat? Paleo diet includes anything that can be hunted or gathered. Clearly, hunting is not an option to acquire food nowadays but you can still obtain it from a supermarket, if of course the food was readily available during the Paleolithic period. Paleo diet includes and is not limited to meat, fish, vegetables, eggs, shellfish, tree nuts, roots, fruits, coconut palm sugar and raw honey. Dairy, potatoes, processed oils, grains, legumes and sugars are to be avoided, along with salt and any drinks except water, coconut water and green tea. The diet of course eliminates any processed and ready made foods available today and is gluten free, largely due to the exclusion of grains.

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commercial potential of this. Soon all sorts of diets were flooding the market – and the trend continues to this day. This book looks at a range of these diets – some old some new; all claiming to lose you weight and make you look terrific. Many of them won't live up to their claims but we present a (hopefully) balanced view so you can make up your own mind and use the information to decide which, if any, you want to try. Everyone is different and one concept might work for one person and not another. Good luck – we hope you find this useful and enjoyable whatever route you decide to follow.

biggest loser diet plan: The Biggest Loser Cookbook Devin Alexander, Biggest Loser Experts and Cast, Karen Kaplan, 2006-10-03 The Biggest Loser Cookbook provides more than 125 healthy, delicious recipes from The Biggest Loser experts and cast—as seen on NBC's hit show! Building on the groundbreaking success of The Biggest Loser brand, this sequel to the best-selling book is sure to be a hit! The Biggest Loser Cookbook offers: • 125 recipes from The Biggest Loser cast, trainers, and fans • motivational before-and-after photographs of the cast • 50 beautiful 4-color food shots • dozens of trainer tips from The Biggest Loser trainers • inspiring stories of how the cast members did it • at-a-glance guides to The Biggest Loser Diet and The Biggest Loser Exercise plan Armed with this arsenal of nutritional information and training tips, readers will be inspired to achieve the dramatic weight loss transformations that have amazed TV fans around the country.

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biggest loser diet plan: *The Biggest Loser Family Cookbook* Devin Alexander, Biggest Loser Experts and Cast, Melissa Roberson, 2008-11-11 As grocery costs continue to rise, many family cooks are finding themselves in a tough predicament: How can they feed their families healthy, satisfying meals without breaking the bank? In The Biggest Loser Family Cookbook, New York Times bestselling author Devin Alexander shows families that eating on a budget can be easy, nutritious-and delicious! With more than 125 recipes that will satisfy every member of the family, Chef Alexander provides complete, affordable options for breakfast, lunch, and dinner, along with mix-and-match side dishes, healthy snacks, and desserts. From Broccoli & Cheddar Frittatas to Steak Fajita Quesadillas, Family Sized Meatball Parmesan to Peanut Butter Fudge Sundaes, these wholesome, satisfying dishes will become an essential part of every family cook's repertoire. In addition to an overview of the Biggest Loser eating plan and Chef Alexander's recipes, readers will find helpful cooking and cost-saving tips from favorite Biggest Loser contestants and online club members. They will also find simple ways to get kids involved in the kitchen and fun ideas for family mealtimes. Designed to make healthy eating accessible for everyone, The Biggest Loser Family Cookbook will help pad wallets--not waistlines.

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Roberson, Lisa Wheeler, Biggest Loser Experts and Cast, 2009-02-17 Over the last six seasons of The Biggest Loser, you've watched as contestants shed pounds, got healthy, and dramatically changed their lives for the better. In fact, you may have been so inspired by the show's remarkable success stories that you've considered embarking on your own weight loss journey. If you're looking to get healthy now, there's good news: You don't have to spend time at the ranch to benefit from The Biggest Loser magic. The Biggest Loser 30-Day Jump Start brings all of the secrets of the ranch right into your own home. The Biggest Loser experts—the same ones who advise the contestants—are here to walk you through a 30-day plan that will kick off your weight loss and help you build new, healthy habits. In this book you'll find easy-to-follow menus, recipes, exercise plans, and motivation for each day of the week. You'll also find helpful tips and advice from past Biggest Losers who have been in your shoes, including the nine contestants from Season 7 who left the ranch early to follow this very plan at home. So far, the Biggest Losers have lost more than a combined 10,000 pounds. But for each of them, the journey started with a commitment: to health, to weight loss, and to themselves. The first steps toward a healthier future are in this book—what are you waiting for? Make the commitment, take the leap—and begin your 30 day jump start today!

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biggest loser diet plan: The Biggest Loser Quick & Easy Cookbook Devin Alexander, Biggest Loser Experts and Cast, 2011-11-08 The first cookbook in the bestselling Biggest Loser series to focus on fast, simple meals that you can eat on the go, The Biggest Loser Quick & Easy Cookbook by Chef Devin Alexander and The Biggest Loser Experts and Cast with Julie Will will feature more than 75 easy recipes with 20 minutes of prep time or less, accompanied by beautiful 4-color photography. The book will also provide an overview of The Biggest Loser eating plan; include five 20 minute workouts with tips on how to burn the most calories in the least amount of time, offer healthy cooking and baking tips and techniques as well as shopping lists and pantry basics; and as always, will feature tips from the trainers and contestants on time-saving techniques for fitting healthy meals into busy schedules. The 75 quick and easy recipes will include such categories as breakfast on the double, speedy soups and sandwiches, throw-together salads and sides, mains in minutes, lickety-split sweet bites, and more. Sample recipes include: Asparagus & Chicken Apple Sausage Scramble Sausage Feta Pepper Breakfast Bake Blanca Arugula Pizza Monkey Trail Mix Caprese Burger Cold Dumpling Salad Garlic & Herb Mac & Cheese Spicy Cayenne Corn on the Cob Coffee Crusted Chopped Steak Philly Cheese Steak Pizza Crispy Pesto Cod Meyer Lemon Seared Scallops Chocolate Raspberry Dreamers Honey Nut Apple Butter Rice Cakes

biggest loser diet plan: Snapshot of the Most Popular Diets The Hyperink Team, 2012-03-02 ABOUT THE BOOK You made your New Year's resolution to go on a diet more than a month ago, but that promise is sitting on a shelf in the back of your mind gathering dust. Just looking at the diet plans available is enough to you wonder if there really is a point to it. After all, with so many different methods, it must mean none work, right? Well, not exactly. While some diets should be avoided at all costs (and one or two are mentioned here), there are several that are actually quite healthy and have great long-term potential. So, let's take a look at some of the more popular diets you might have heard about recently. MEET THE AUTHOR The Hyperink Team works hard to bring you high-quality, engaging, fun content. If ever you have any questions about our products, or suggestions for how we can make them better, please don't hesitate to contact us! Happy reading!

EXCERPT FROM THE BOOK *The Biggest Loser Diet* The Biggest Loser reality show became an instant hit because it showed how real people struggling to lose weight evolved while on a committed diet and exercise plan. By the end of each season, most contestants barely resemble their former, heavier selves, and look healthy, happy, and excited to have a fresh start on life. The Macrobiotic Diet This diet has a scientific name, but it's grounded in spirituality. Practitioners and proponents of the diet believe it cures and prevents diseases, including cancer. The American Cancer Society, counters that claim: Available scientific evidence does not support claims that a macrobiotic diet is effective in treating cancer. However, because the diet advocates a mostly vegetarian diet with only fish allowed, the ACS believes it can help lower the risk of developing life-threatening illness, such as heart disease. *Eat This, Not That* The *Eat This, Not That* diet began as a column, evolved into a book, and now has become a road map for better eating. Chef Matt Goulding and David Zinczenko, editor-in-chief of Men's Health magazine, literally wrote the book on which foods to avoid and which foods to substitute them with. It's not an actual diet plan, but more of a directory of Good vs. Bad food choices. In the mood for a steak? Goulding and Zinczenko suggest a sirloin or filet mignon instead of the porterhouse or prime rib. In the mood for some cheesecake? These guys will tell you which brand is the best and which ones have enough calories to last you a few days. Buy a copy to keep reading!

biggest loser diet plan: Encyclopedia of Diet Fads Marjolijn Bijlefeld, Sharon K. Zoumbaris, 2014-11-25 This updated encyclopedia examines the basics of nutrition and dieting, presenting the important people, concepts, and criticisms involved and examining the pros and cons of different plans. This A-to-Z reference describes many of the health fads and fashions of the past as well as current trends in weight loss to help people understand the principles of weight loss and the benefits of healthy choices. The authors help to identify effective means of losing weight and maintaining a healthy lifestyle, placing particular emphasis on weight-loss programs aimed at young people who struggle most with obesity, eating disorders, and body image. The book explores what works, what is potentially dangerous, and what scientists are discovering about nutrition, while also offering sustainable advice for keeping fit. The second edition of *Encyclopedia of Diet Fads* includes many updated, expanded, and completely new entries, as well as the latest information on diets and reviews many popular diet trends like the Atkins Diet, the Zone Diet, Weight Watchers, and Medifast. The book is organized by alphabetical entries regarding nutrition, exercise, and famous and infamous diet-promoters. Readers can learn more about an area that interests them through cross-referenced sections and a prolific list of additional resources. A selection of appendixes contains practical information such as how to evaluate diets and recipes.

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