



The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, be Healthier, Prevent Disease, and Add Years to Your Life

By Dawn Jackson Blatner

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, be Healthier, Prevent Disease, and Add Years to Your Life, Dawn Jackson Blatner, "The Flexitarian Diet" is the first book to describe what is potentially the next big diet and nutritional movement - 'flexitarianism'. The concept has grown so popular that "Bon Appetit" selected 'flexitarian' as a hot trend for 2010. A flexitarian diet is part-time vegetarianism but, as the name suggests, flexitarianism is also about flexibility! a healthy, guided, customizable, appetizing, and family-friendly flexibility. "The Flexitarian Diet" begins with a quiz examining three nutrition factors: food preferences and aversions; whether the reader's current diet is likely to cause shortfalls or overloads in particular nutrients; and, which food habits they most want to change. The answers point to best starting point for that reader. This way, readers make gradual, rational changes one meal, one food group at a time. Each section includes information about how to substitute flexitarian recipes for traditional favorites, tips on how to assure that family members are engaged in the process, suggestions for foods that are easy to incorporate in the average meal, and sneaky ways...



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