

The Junk Food Diet: Slim on the Food You Like

Wills, Judith, author

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Abstrak

In this age of weight watching and healthy eating, Judith Wills presents a diet that enables you to lose weight without drastically altering your lifestyle or eating habits. Starting with the very wide definition of junk food, Judith Wills' book contains chapters on healthy eating: the myth and reality of eating to slim, user-friendly shopping and how the junk food diet works. The core of the book is the set diets to follow, with a questionnaire to discover your correct personal calorie needs followed by a "pick your own plan". There is also a chapter on family eating, for parents anxious that their children should eat a balanced diet.