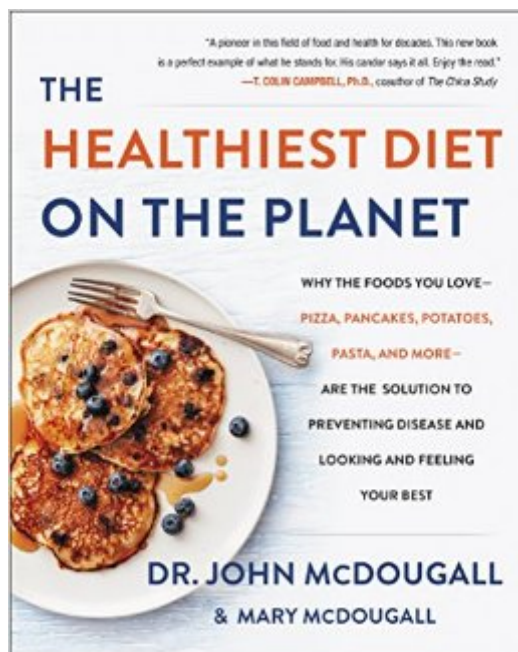


The book was found

The Healthiest Diet On The Planet: Why The Foods You Love-Pizza, Pancakes, Potatoes, Pasta, And More-Are The Solution To Preventing Disease And Looking And Feeling Your Best



Synopsis

The bestselling author and internationally celebrated physician and expert on nutrition offers an appealing, approachable health solutionâ ”eat the foods you love to lose weight and get healthy. For years, weâ™ve been told that a healthy diet is heavy on meat, poultry, and fish, and avoids carbohydrates, particularly foods high in starchâ ”empty calories harmful to our bodies. But what if everything weâ™ve heard was backwards? High in calories and cholesterol, animal fats and proteins too often leave you hungry and lead to overeating and weight gain. They are often the root causes of a host of avoidable health problemsâ ”from indigestion, ulcers, and constipation to obesity, diabetes, heart disease, and cancer. On the other hand, complex carbohydrates like whole grains, legumes, tubers, and other starches provide your body with essential proteins and nutrients that satisfy the appetite while simultaneously fighting illness. But Americans eat far too few calories from carbohydratesâ ”only aboutÂ forty percent, according to Dr. John McDougall, internationally renowned expert on nutrition and health, featured on the documentary Forks Over Knives. The Healthiest Diet on the Planet helps us reclaim our health by enjoying nutritious starches, vegetables, and fruits. McDougall takes on the propaganda machines pushing dangerous, high-fat fad diets and cuts through the smoke and mirrors of the diet industry. He offers a clear, proven guide to what we should and shouldnâ™t eat to prevent disease, slow the aging process, improve our physical fitness, be kind to the environment, and be our most attractive selves. Featuring two dozen color photos and mouth-watering, easy-to-follow recipes for buckwheat pancakes, breakfast tortillas, baked potato skins, rainbow risotto, red lentil soup, green enchiladas, dairy-free lasagna and pizza, and more, The Healthiest Diet on the Planet will help you look great, feel better, and forever change the way you think about health and nutrition.

Book Information

Hardcover: 224 pages

Publisher: HarperOne (September 27, 2016)

Language: English

ISBN-10: 0062426761

ISBN-13: 978-0062426765

Product Dimensions: 7.4 x 0.9 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Best Sellers Rank: #662 in Books (See Top 100 in Books) #1 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Potatoes #15 inÂ Books > Health, Fitness & Dieting > Nutrition

[Download to continue reading...](#)

The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best Homemade Pasta Dough: How to make pasta dough for the best pasta dough recipe including pasta dough for ravioli and other fresh pasta dough recipe ideas The Skinny Carbs Diet: Eat Pasta, Potatoes, and More! Use the power of resistant starch to make your favorite foods fight fat and beat cravings The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now! Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease Cookbook Series) The 150 Healthiest Foods on Earth: The Surprising, Unbiased Truth About What You Should Eat and Why Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Pancakes, Pancakes! The Sweet Potato Lover's Cookbook: More than 100 ways to enjoy one of the world's healthiest foods Spiralizer Recipes: 50 The Best Spiralizer Recipes From Classic Pasta Dishes, To Salads, Noodle Soups, Fries, Breakfast Noodles-Crush Your Pasta ... Recipe Book, Spiralizer, Spiralizer Cookbook) The Blue Zones Solution: Eating and Living Like the World's Healthiest People Grilled Pizza the Right Way: The Best Technique for Cooking Incredible Tasting Pizza & Flatbread on Your Barbecue Perfectly Chewy & Crispy Every Time The Doctor's Guide to Gastrointestinal Health: Preventing and Treating Acid Reflux, Ulcers, Irritable Bowel Syndrome, Diverticulitis, Celiac Disease, ... Pancreatitis, Cirrhosis, Hernias and more Making Artisan Pasta: How to Make a World of Handmade Noodles, Stuffed Pasta, Dumplings, and More Pasta Sfoglia: From Our Table to Yours, More Than 100 Fresh, Seasonal Pasta Dishes Recipes for the Specific Carbohydrate Diet: The Grain-Free, Lactose-Free, Sugar-Free Solution to IBD, Celiac Disease, Autism, Cystic Fibrosis, and Other Health Conditions (Healthy Living Cookbooks) Wolfgang Puck's Pizza, Pasta, and More! 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss The Pizza Bible: The World's Favorite Pizza Styles, from Neapolitan, Deep-Dish, Wood-Fired, Sicilian, Calzones and Focaccia to New York, New Haven, Detroit, and more Pizza on the Grill: 100+ Feisty Fire-Roasted Recipes for Pizza & More

[Dmca](#)