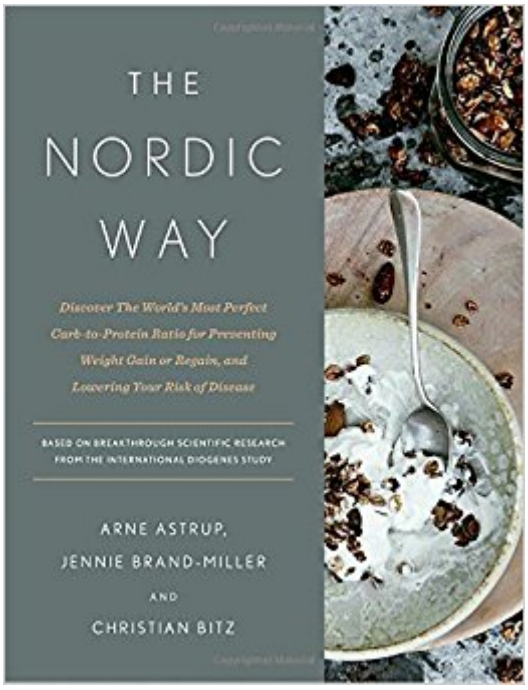
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The Nordic Way: Discover The World's Most Perfect Carb-to-Protein Ratio For Preventing Weight Gain Or Regain, And Lowering Your Risk Of Disease



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Synopsis

Based on the practically perfect Nordic Diet, this gimmick-free and scientifically proven approach to eating will help you keep unwanted pounds off for good. Ã Â Powerhouse experts Arne Astrup, Professor Jennie Brand-Miller, and Christian Bitz know that the Nordic Diet is the Ã¢â ¬Å“best diet in the worldÃ¢â ¬Â• for getting healthy and staying lean, even into middle age and beyond. As leaders in obesity research, glycemic science, and healthy living, respectively, theyÃ¢â ¬â„¢ve learned that eating a specific ratio of proteins, whole grains, and vegetables and incorporating traditional Nordic ingredients such as rye flour, skyr yogurt, and rapeseed oil into oneÃ¢â ¬â„¢s diet are the most effective paths to overall health and stable weight. ThereÃ¢â ¬â„¢s complex science at work behind the Nordic Diet, yet itÃ¢â ¬â„¢s remarkably simple and delicious to adopt. Readers will be able to see significant improvements in their health and weightÃ¢â ¬â •and even prevent the dreaded middle-age spreadÃ¢â ¬â •without ever having to count a single calorie or eliminate carbs, dairy, and meat. Featuring an in-depth look at peer-reviewed studies that support the diet and more than 60 stunningly photographed recipes, The Nordic Way is the health-forward cookbook that readers need to get and stay healthy for life.

Book Information

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Customer Reviews

Arne Astrup is the head of the Department of Nutrition, Exercise, and Sports at the Faculty of Science, University of Copenhagen, and has built up one of the worldÃ¢â ¬â„¢s leading obesity research teams. In 2015, he became part of Weight WatchersÃ¢â ¬â„¢ Scientific Advisory Board.

Professor Jennie Brand-Miller is recognized internationally for her research on the glycemic index, with more than 250 scientific publications. Her trade books under the series titles The New Glucose Revolution and The Low GI Diet have sold more than 3.5 million copies worldwide. Christian Bitz is the head of research at Herlev-Gentofte Hospital in Denmark, and the author of four best-selling books in Europe. He is a regular contributor on Danish TV and the host of his own weekly healthy-living television show.

A lovely, easy to follow cookbook

Love this and it’s amazing cook book and has lots of great facts can’t wait to test it out !!

I love this cookbook! The photography is beautiful, the information is helpful - geared toward low-GI food, but the recipes are a marvel. I’ve made lunch and breakfast dishes and the combinations were unlike pairings I’d had before but very, very good. If you like dark rye toast with hummus, ham, mustard and shaved carrots (I do) you’ll like this cookbook. Breakfasts are simple but filling: cottage cheese, lemon juice, cacao nibs, and apples. It’s the cookbook I use the most these days, and as a bonus the kiddos have liked all but one of the meals. I own several Nordic cookbooks and this is my favorite.

This is a life-enhancing way of eating and appreciating food. I am already a healthy weight and I thought I ate quite well. This book has been a terrific education. I do eat well but my choices are immensely stronger in terms of long-term health because of what I have learned from this book--after, most crucially, implementing the suggestions.

The best nutritional and scientific evidence - making the case against constant dieting that does not work for permanent weight loss. Losing weight is very hard but keeping it off can mean a lifetime of enduring punishment and deprivation. Diets are unsustainable. Low carb, zero carb, ketoing your life away only works temporarily.The Diogenes Study confirms what really works. This book contains the results of that study and gives you a convenient template for actually achieving long term weight loss success. I love this book. The title says it all. Discover the World’s Most Perfect Carb-to-Protein Ratio for Preventing Weight Gain or Regain, and Lowering Your Risk of Disease. It is based on breakthrough scientific research with actual people from the international Diogenes Study.There are menus for 4 weeks with recipes and beautiful photos how to prepare the food. I’m

following through and I'll report back with my results in the future.

I like reading different cookbooks. I wish they would sell some of the different rye flours here so I could try out the breads. I don't think I could stick to eating all the carbs listed in the book. But, it is fun to see what people in other countries eat.

About one-third of the pages are a regurgatation of published dieting studies or nutrition information which one can find easily on the web. Two thirds of the book is devoted to photos of food and recipes. The recipes are not very helpful if one has allergies to nuts, soy, or yeast. One can find better recipes in other books.

The book is nicely illustrated, and the recipes are for the most part interesting. Now to pick a couple, and go shopping.

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