

DIET PLANS

Nutrition for Life
Hark & Deen
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Looking at diet plans

There is a proliferation of weight-loss diets, not all of which are good for you.

Many of us have attempted to lose weight at one time or another, and the natural tendency is to look for a fast and easy way to shed that extra weight. As a result, weight loss is now a multi-billion-dollar industry, encompassing everything from diet books and slimming clubs to weight-loss programs selling specially formulated foods and medications.

Think long-term

Weight loss is difficult and there are no miracle solutions. To lose weight and keep it off takes time

and commitment. Many popular programs appear to fulfill their promises in the short-term by restricting certain food groups for example. However, these rarely teach you how to establish and maintain healthy eating habits in the long-term and, once you return to your old eating habits, your lost weight quickly returns.

Changing your behavior

Regardless of which type of weight-loss diet you choose to follow, there are guidelines that can help you succeed in changing your eating habits.

- Avoid exposing yourself to situations where uncontrolled eating is likely to occur.
- Alter unhealthy eating habits, such as skipping meals or filling up on snacks.
- Change behavior chains: for example, if you often wind up eating ice cream late at night, don't buy it or go to bed earlier.
- Self-monitor: it has been proven that keeping a food diary helps change eating behavior.
- Think about how you will address problems and difficult situations before they arise.
- Change the way you think about your weight and your efforts to change it.
- Provide yourself with non-food rewards for accomplishing your weight-loss goals.

Seeking medical advice

Before beginning any program, especially very low-calorie or quick weight-loss types, talk to your doctor, especially if you are on any medication since the dose may have to be adjusted. Your doctor will monitor your progress

Monitoring your weight When you are trying to lose weight, weighing yourself is one way of monitoring your progress—but do it just once a week, always at the same time of day,

and help you determine how much and what type of exercise is appropriate. He or she may also advise you to take vitamin and mineral supplements while you are on the diet program.

In general, weight-loss diets should not be undertaken by women who are pregnant or breast-feeding or by anyone under the age of 18. If you are in one of these categories and are concerned about your weight, seek advice from your doctor.

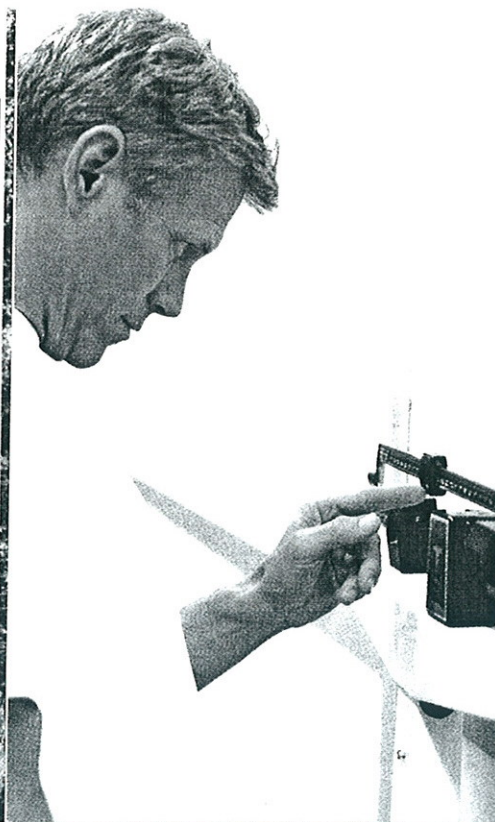
The diet directory

On the following pages, we provide you with information on many of the most popular diet programs currently available, and guidance about what to expect if you choose a particular program, including a sample day's menu from each one. We also look at the potential health benefits or hazards of each one.

There are many types of diets. Some limit certain macronutrients, such as fat or carbohydrates; others limit types of food, such as starchy carbohydrates. Some promote specific foods, such as grapefruit or cabbage soup, while others attempt to regulate your intake according to a strict formula, such as 40 percent carbohydrate: 30 percent protein: 30 percent fat.

However, other diet programs are based on theories that our bodies do not tolerate certain foods and that these must be eliminated from the diet. Most diets are aimed at helping you lose weight, but others promise a disease-free life to those who follow the program. When evaluating each of these diet plans, consider what it promises.

We firmly believe that there is no single best way for everyone to lose weight; most weight-loss diets work for some people; none works for everyone. However, with a little trial and error, everyone should be able to find a diet program that is effective for them.



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DIET TYPE	UNDERLYING THEORY	DIET PLAN
High-carbohydrate, low-fat	Weight loss occurs on these very low-fat, high-fiber, mainly vegetarian diets because much less of such foods is required in order to feel satisfied.	<ul style="list-style-type: none"> • Ornish Diet (<i>see p.164</i>) • Pritikin Program (<i>see p.164</i>) • Hawaii Diet (<i>see p.165</i>) • Low-fat Living (<i>see p.166</i>) • McDougall Program (<i>see p.167</i>)
Carbohydrate-controlled	Based on a strict ratio of carbohydrate, protein, and fat, these diets aim to maintain stable blood-sugar levels, which helps the body break down fat, work within its "peak performance zone," and maximize weight loss.	<ul style="list-style-type: none"> • Atkins Diet (<i>see p.167</i>) • Carbohydrate-Addict's Diet (<i>see p.169</i>) • Protein Power Lifeplan (<i>see p.169</i>) • Sugar Busters (<i>see p.170</i>) • Zone Diet (<i>see p.171</i>) • Life Without Bread (<i>see p.172</i>) • Scarsdale Diet (<i>see p.172</i>) • Schwarzbein Principle (<i>see p.173</i>) • South Beach Diet (<i>see p.174</i>)
Controlling portion sizes	Based on the principle that eating large portions is a major factor in becoming overweight, these diet plans promote weight loss by controlling portion sizes.	<ul style="list-style-type: none"> • Picture Perfect Weight Loss (<i>see p.175</i>) • Volumetrics Weight-control (<i>see p.176</i>) • 90/10 Weight-loss Plan (<i>see p.177</i>) • Change One Eating Plan (<i>see p.177</i>)
Glycemic index	These diets are based on the theory that insulin levels and weight can be controlled by eating low-glycemic-index foods.	<ul style="list-style-type: none"> • Glucose Revolution (<i>see p.178</i>) • Montignac Method (<i>see p.179</i>) • Insulin-resistance Diet (<i>see p.180</i>)
Food-combining	Based on the belief that different food types are digested in different ways and should not be eaten together; weight loss results from correct combining of food types.	<ul style="list-style-type: none"> • Hay Diet (<i>see p.180</i>) • Somersizing (<i>see p.181</i>) • New Beverly Hills Diet (<i>see p.182</i>) • Fit for Life (<i>see p.183</i>)
Metabolic typing	Different blood types affect digestive processes; weight loss occurs when only correct foods for blood type are consumed.	<ul style="list-style-type: none"> • Eat Right 4 Your Type (<i>see p.184</i>) • Body Code (<i>see p.184</i>) • Metabolic Typing (<i>see p.185</i>)
Quick weight loss	Programs based on severe calorie restriction, producing specific weight loss over very short time period.	<ul style="list-style-type: none"> • Cabbage Soup Diet (<i>see p.186</i>) • 5-Day Miracle Diet (<i>see p.187</i>) • Grapefruit Diet (<i>see p.188</i>) • Rotation Diet (<i>see p.188</i>) • 14-day Beauty Boot Camp (<i>see p.189</i>)
Low-calorie, liquid meal replacement	Weight loss based on very low-calorie meal replacements supplying 100 percent of recommended daily vitamins and minerals.	<ul style="list-style-type: none"> • Cambridge Diet (<i>see p.189</i>) • Herbalife (<i>see p.190</i>) • SlimFast (<i>see p.190</i>)
Detox	Detox programs aimed at eliminating toxins from the body, since a healthy liver burns fat more efficiently and therefore aids weight loss.	<ul style="list-style-type: none"> • Fat-Flush Plan (<i>see p.191</i>) • Juice Fasts (<i>see p.192</i>) • Living Beauty Detox (<i>see p.192</i>) • Detox Diet (<i>see p.193</i>)
Weight-loss centers	Weight-loss programs supported by regular weigh-ins, advice, and group support; these work on the basis that dieters find it easier to maintain a diet plan in which they are accountable to others.	<ul style="list-style-type: none"> • Weight Watchers (<i>see p.194</i>) • National Slimming Centers (<i>see p.195</i>) • Jenny Craig (<i>see p.196</i>) • LA Weight Loss (<i>see p.196</i>) • Nutrisystem (<i>see p.197</i>)

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VOLUMETRICS

graphically demonstrate the number of calories in various portions of foods. Dr. Shapiro also includes a list of foods that you should stock to eat any time, a supermarket shopping guide, an exercise guide, and a selection of menus from restaurants and nationwide chains, with options highlighted.

IS IT HEALTHY?

The strength of Dr. Shapiro's plan is its emphasis on a healthy, reduced-calorie diet and regular exercise. He offers good advice on how to rethink your relationship with food, and diets in particular. The food diary is an important tool for success, especially if you have someone you can share it with in order to establish support and accountability.

If you use it correctly, this program will accomplish calorie reduction without feelings of deprivation. Calorie counting is not necessary, but some people may find it difficult to visualize the calorie and portion comparisons. In this respect, the lone dieter may have a more difficult time than those dieters who are able to visit Dr. Shapiro's clinic on a weekly basis in order to meet with his nutritional counselors and dietitians.

PICTURE PERFECT WEIGHT LOSS

Breakfast

- 1 cup chopped banana and melon
- 3 slices smoked salmon
- 1 pumpernickel roll

Lunch

- 2 cups tossed salad with shrimp and light dressing
- 1 sourdough roll

Dinner

- 4floc (240ml) Manhattan clam chowder
- 1 cup pasta primavera
- 1 cup mixed berries and raspberry sorbet

Snacks

- 8floc (240ml) low-fat yogurt
- 1 piece of fruit
- 2 rice cakes
- 3 tbsps almonds

Volumetrics Weight-control

Controlling portion sizes

- Are special products required?
- Is eating out possible?
- Is the plan family-friendly?
- Do you have to buy a book?
- Is the diet easy to maintain?

The concept of satiety, or feeling of fullness after a meal, forms the basis of this weight-loss and maintenance program. The authors believe that the fuller you feel at the end of a meal, the less you are likely to eat between meals or at the next meal.

HOW IT CLAIMS TO WORK

The aim of this program is to create satiety by choosing low-calorie foods in quantities that make you feel full, rather than eating the same volume of high-calorie foods. Successful weight loss on the plan occurs by reducing caloric intake through food choices that satisfy your appetite and meet daily nutritional requirements, as well as by increasing how much exercise you do. They claim that dieters can expect to lose 1–2lb (0.45–0.9kg) per week. Subsequent weight maintenance is achieved by making the same food choices, but matching calorie consumption with calorie expenditure.

THE REGIMEN

During the weight-loss phase, which should not exceed six months at a time, the authors suggest reducing caloric intake by 500–1,000 calories per day. Three meals each day plus snacks are recommended, and the proportions should follow those of the United States Department of Agriculture's Food Guide Pyramid (see p.72), which suggests that 20–30 percent of total calories should come from fat; 55 percent from carbohydrates, in the form of whole grains, vegetables, and fruits, (aiming for 20–30g of fiber daily); and 15 percent of total calories from proteins, including low-fat fish, poultry without the skin, and lean meats. Moderate

VOLUMETRICS WEIGHT-CONTROL

Breakfast

- 1 cup citrus fruit salad
- 1 English muffin with 2 tsp low-calorie margarine and 4 tsp low-sugar jam
- 8floc (240ml) low-fat milk

Lunch

- Bean and cheese burrito with 8 baked tortilla chips and 4floc (120ml) salsa
- 2 peaches

Dinner

- 3oz (85g) steak and ½ cup vegetable kabobs with asparagus
- 2 cups romaine salad with low-calorie dressing
- ½ cup watermelon with 4floc (120ml) cup fat-free frozen yogurt

Snacks

- 20 mini pretzels

amounts of sugar and alcohol are allowed, as are tea and coffee. Water (72floc/2.2 liters a day for women and 96floc/2.9 liters a day for men) may come from food or drinks. No foods are eliminated from Volumetric Weight-control, but foods with a high-energy density should be limited.

IS IT HEALTHY?

The Volumetrics Weight-control Plan is based on sound, sensible principles for weight loss and maintenance and is backed by short-term studies that confirm its potential for success. Long-term studies are underway. The book provides a clear explanation of the diet's underlying principles as well as comprehensive guides for choosing low-calorie, low-energy dense foods. Sample menu plans and recipes are also included. Followed correctly, weight loss is safely accomplished by making wise food choices, reducing calories while meeting nutritional needs, and increasing physical activity. Because no food is eliminated, the feeling of deprivation is avoided, which makes this program sustainable.

This is a safe and effective weight-control program for everyone from the moderately overweight to the obese. If you follow it, try to keep your calorie intake to at least 1,000 calories per day and eat a variety of foods.

90/10 Weight-loss Plan

Controlling portion sizes

- ✗ Are special products required?
- ✗ Is eating out possible?
- ✓ Is the plan family-friendly?
- ✓ Do you have to buy a book?
- ✗ Is the diet easy to maintain?

This is a low-calorie plan, high in fiber, phytochemicals, and antioxidants and low in saturated fat. The title refers to the concept of eating healthily 90 percent of the time, while for the other 10 percent you can enjoy "fun foods."

HOW IT CLAIMS TO WORK

On this 14-day plan, which may be repeated until you achieve your goal weight, you lose weight by limiting your calorie intake to between 1,200 and 1,600 calories daily, depending on your current weight and activity level. Ninety percent of each day's calories should come from the menus provided, and the remaining 10 percent from a list of "fun foods." The program relies on portion control and, by allowing foods we often crave, encourages you to eat those foods in moderate amounts. Physical activity is emphasized as an important component in both losing weight and keeping it off.

The author, Joy Bauer, claims that you may lose up to 10lb (4.5kg) in the first two weeks but admits that much of that is usually water loss; in subsequent weeks, 1–2lb (0.2–0.9kg) is average. The author discourages quicker weight loss, which is unsafe and runs the risk of losing lean muscle mass.

THE REGIMEN

In the 90/10 Weight-loss Plan, you follow a daily menu, which includes breakfast, lunch, dinner, and snacks.

Each day, you choose one item from the list of fun foods or snacks that may be eaten at any time during the day. Calorie counting is not necessary if you follow the menus, but the calorie range for each meal is given in case you are not able to follow the menu provided. The plan offers menus for 14 days, while additional main course menus are available to lend diversity to the program. Multivitamin and calcium supplements are suggested, and the plan encourages drinking plenty of water, coffee, tea, and seltzer.

Before you begin the diet, the author suggests taking a "before" photograph, writing down your clothing size and body measurements, and, if possible, having your body fat measured. She then recommends repeating this two weeks later, so that you can track your progress in other ways besides weight.

IS IT HEALTHY?

The 90/10 Weight-loss Plan is based on the interesting concept of eating healthy for 90 percent of the time, while being allowed to "cheat" for the remaining 10 percent. The menus are designed to be low in saturated fat and high in fiber, phytochemicals, and antioxidants.

Even if you substitute some of the other dinner plans provided, this program may become monotonous, since you are asked to repeat the menu repertoire every two weeks for as long as it takes to achieve your target weight loss. The

90/10 WEIGHT-LOSS PLAN

Breakfast

- 1 whole-grain waffle with ½ cup berries

Lunch

- 8floc (240ml) cottage cheese with ½ cup fresh fruit salad

Dinner

- 4oz (115g) spinach lasagna
- 1 cup green salad with olive oil and vinegar dressing

Snacks

- Granola bar or cereal bar
- ½ cup potato chips (fun food)

1,200-calories-per-day program included in the book is very restrictive, and few will be able to follow it successfully for extended periods of time. The book includes tips for subsequent weight maintenance, but it could be more instructive in teaching you how to determine sensible portion sizes and how to make healthy meal choices, especially when you are dining out.

Change One Eating Plan

Controlling portion sizes

- ✗ Are special products required?
- ✓ Is eating out possible?
- ✓ Is the plan family-friendly?
- ✓ Do you have to buy a book?
- ✓ Is the diet easy to maintain?

Based on the idea that it takes time to adjust to new habits, this 12-week plan advises making just one change to your eating habits each week. Online support and information are available.

HOW IT CLAIMS TO WORK

The program starts by overhauling your breakfast routine and then, over the first month, works through lunch, snacks, and dinner. Each chapter provides a guide to staying within a 1,300-calorie-per-day allowance (or up to 1,600 calories per day for the active or significantly overweight) by focusing on portion control. Change One is based on the principle that it is not what we eat, but how much we eat, that is at the root of our weight problems. The menus provide reduced calories without compromising nutritional value or fiber intake. Since exercise is included as part of the program, you can expect to lose weight in safe amounts—1–3lb (0.45–1.35kg) per week—and maintain weight loss. A limited trial showed that volunteers who followed the program over the 12-week period lost an average of 17lb (7.7kg).

THE REGIMEN

In the first week of the diet, the focus is on breakfast. Lower-calorie, nutritionally balanced meals begin the day, but you

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What's All This Talk about Energy Density?

Nutritionists have a new phrase. What does it tell us about planning meals that fight weight gain as well as cancer?

When the panel of scientists who wrote AICR's Second Expert Report offered evidence-based recommendations for managing your weight, they talked about increased physical activity and limiting consumption of "energy dense" foods. What does the term energy density mean, and why are so many nutritionists beginning to use it?

Energy density relates to the number of calories per unit of measure—whether that unit is a gram, an ounce or, if you like, a bite. Foods that are energy dense have a high concentration of calories per bite. In low energy dense food, the calories are diluted by water and often fiber, so there are fewer calories in the same size bite.

If you are concerned about managing your weight, energy density can be a useful concept. Your objective is to stop weight gain without going hungry. Let's say you usually take 20 bites of food before feeling full. If you choose energy-dense foods, those 20 bites will deliver a hefty load of calories before you feel satisfied. If you choose low-energy-dense foods, the same 20 bites will deliver fewer calories but the same sense of satisfaction. That means you stay thin without hunger pangs.

Energy-dense foods are often processed foods. Why is that? Food processors need products that ship well, have a long shelf life, are easy to prepare and entice with an intense taste. To produce these characteristics, they often dry out foods, pulverize or remove fiber, cook foods in fat, and/or add large amounts of sugar or fat. (Think what they do to a potato to produce a potato chip.) Common processed foods that are energy-dense are packaged snack foods, frosted cakes with filling, cookies and candies. Traditional fast foods (cheeseburgers, chicken nuggets, French fries), restaurant foods and bakery items are famous for their energy density.



Low-energy-dense foods, in contrast, tend to be moist or even juicy. They often have a high percentage of fiber, which retains their natural water. Most vegetables, fruits and legumes are easily recognized, low-energy-dense foods.

Of course there are always exceptions. Plant foods like nuts and dried fruit are energy-dense. Nuts are loaded with healthy fat, but even healthy fat has lots of calories per bite. Dried fruit, of course, is fruit that has been processed. It has had the water removed, and the result is concentrated sugar and a lot of calories per bite. (See our article on [alternatives to fruitcake](#).) So nutritionists suggest we eat these foods,

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but eat them sparingly.

It isn't particularly helpful to think of beverages in terms of energy density. All drinks are high in water. But they don't fill you up and signal your brain to stop drinking. (Milk is an exception.) So it isn't useful to think in terms of which ones deliver fewer calories before they satisfy your thirst. In fact, it is because most drinks don't fill you up that the AICR panel advises people interested in stopping weight gain simply to "avoid sugary drinks." For most of us the meaning of that recommendation is pretty clear: it suggests cutting way back on sugar-sweetened soda.

The meaning of the recommendation that we "limit consumption of energy dense foods" is a little more complex. The panel is saying that Americans should stop making fatty meats and dairy as well as processed foods high in fat and added sugar the mainstay of their diet. The experts are suggesting that we tip the balance in favor of vegetables, fruits, beans and unprocessed grains in order to prevent weight gain as well as chronic diseases such as cancer.

Energy Density Food Categories

- **Very Low-Energy-Dense Foods**
Includes most fruits and vegetables, skim milk and broth-based soups.
- **Low-Energy-Dense Foods**
Includes many cooked grains, breakfast cereals with low-fat milk, low fat meats, beans and legumes, low-fat mixed dishes and salads.
- **Medium-Energy-Dense Foods**
Includes meats, cheeses, high-fat mixed dishes, salad dressings and some snack foods.
- **High-Energy-Dense Foods**
Includes crackers, chips, chocolate candies, cookies, butter and oil, bacon, full-fat mayonnaise.

(List adapted from *Volumetrics* by Barbara Rolls, Ph.D., and Robert A. Barnett, HarperTorch, 2000.)

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Regular Snacking Is Smart Snacking: Making It Happen

Snacking has a bad reputation; more often than not, it's viewed as little more than an opportunity to ingest excessive calories, fat, sugar and sodium. And it's seen as something most of us do far too often. But snacking—smart snacking—has an important place in a healthful diet. In fact, research has found that making healthful snacks a regular part of your routine can help maintain a healthy weight and prevent unhealthy highs and lows in blood sugar. Here's what you need to know to get on the smart snack track.

Snacking Improves Your Diet. If you make smart choices, snacking can make significant contributions to the nutritional quality of your diet. The trick is sticking with nutrient-rich basics—fruits, vegetables, whole grains, nuts, seeds and reduced-fat and fat-free dairy—and if you do, you'll boost your diet's nutrient count even more, for the fewest calories.

Snacking Aids Weight Loss. As counterintuitive as it may sound, studies show that smart snacking can dampen hunger pangs and prevent overeating at meals. It can also play an important role in controlling cravings, by creating predictable frequent eating times. And it can help you maintain your weight loss. Research suggests that allowing for snacks helps stack the odds in your favor for long-term weight-loss success more than a strict three-meals-a-day approach. That's because if you snack right, you won't eat any more calories than you do now.

Need proof? A study published earlier this year in the *British Journal of Nutrition* found that people who ate a high-protein, moderate-calorie snack (in this case, cheese) one hour before lunch, automatically cut back their calories during subsequent meals on the same day.

Snacking Smooths Out Blood Sugar. Snacking at regular intervals can help prevent abnormally high or abnormally low blood sugar in people with diabetes or glucose intolerance. If that's you, check with your doctor or nutritionist for advice on how often to snack. It can vary depending on what diabetes medications you take and how well you're typically able to keep your blood sugar under control.

Now that you know *why* you should snack, see "Smart Snacking Tips," below, for *how* to snack and "License to Snack Smart," right, for *what* to snack on.

EN's Smart Snacking Tips

- **Avoid mindless noshing.** Don't eat while you're watching TV or talking on the phone. Those unconscious calories can really add up before you're even aware of what you're doing.
- **Stick with whole foods**—whole grains, fruits, vegetables, beans, low-fat dairy, low-fat meats and poultry, fish, eggs, nuts and seeds. (See related feature, page 1.)
- **Be sure your snack provides some protein.** Carb-only snacks, like pretzels or saltines, won't keep you satisfied for long. Think nuts, cheese, peanut butter or yogurt.
- **Plan ahead.** Smart snacks don't just happen. Buy portable options like cheese sticks, grapes or cereal bars to keep on hand, so something is always ready to grab on the go.
- **Keep convenience in mind.** Anything that takes preparation can sway you to the dark side for an alternative that's easier to eat, even though it's high in fat and calories. To combat that, have fresh fruit on hand and keep some of it cut up, so it's as easy to grab as a cookie.

- **Portion-control your snacks.** Pre-portion your snacks so you're not tempted to snack indefinitely. If you're at home, plate your snacks; never eat out of a can, box or bag.
- **Always pack smart snacks for the road.** If you're going to be traveling, be sure you bring a snack or two to tide you over in case there are unexpected delays.

—Densie Webb, Ph.D., R.D.

License to Snack Smart

Whether it's a mid-morning, mid-afternoon or evening, be sure your snack provides protein and, ideally, fiber to keep you satisfied. Try also to keep calories at 150 or fewer. Here are a few suggestions:

- Black bean salsa and celery sticks
- Roasted almonds, pistachios, any nut
- Broccoli florets and reduced-fat ranch dressing
- Crispbread with low-fat cottage cheese
- Fresh fruit, washed, cut and ready-to-eat with a slice of low-fat cheese
- Hardboiled egg
- Hummus and whole-wheat pita
- Individual drink box of low-fat milk, soy milk or rice milk
- Individual low-fat yogurt
- Snack-size low-fat popcorn
- Preportioned trail mix
- Reduced-fat cheese sticks
- Soy nuts
- Whole-grain cereal with nonfat milk
- Whole-grain crackers with peanut butter
- Whole-grain chips with bean dip
- Whole-wheat fig bars

SNACKING

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