

Based on the New USDA
Dietary Guidelines

THE
UNCLE
SAM
DIET

★ The 4-Week Eating Plan ★
for a Thinner, Healthier America

KEITH AYOOB, Ed.D., R.D., FADA
with Barbara Hoffman

A Diet Plan For Uncle Sam

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A Diet Plan For Uncle Sam:

The Uncle Sam Diet Keith Ayoob, Barbara Hoffman, 2025-10-16 The UNCLE SAM DIET is based on the new 2005 US Dietary Guidelines for Americans Based on solid science it s an eating style that you can stay with and thrive on No gimmicks here and no fads Dr Keith Ayoob a registered dietitian and associate professor at the Albert Einstein College of Medicine in New York uses the USDA s new dietary guidelines to design an eating plan based on good wholesome foods It s simple it s safe and it works Lots of good foods from all food groups so you never feel hungry Weekly menus for breakfast lunch dinner and snacks you can even have a latte or two Huge hungry man s servings of vegetables and fruits every day Delicious whole grains muffins breads bagels and more Nutritious snacks for hunger attacks Got kids Great These guidelines are good for anyone age 2 and older The new Dietary Guidelines are chock full of great changes for you and your family Dr Ayoob takes the nutrition ese out of the government s gobbledygook and gives you meal plans and recipes that are easy to use and delicious The result This Uncle Sam is here to stay Obesity is a disease of excess excess calories and excess sedentary activities The cure is to balance calories in with calories out Keith Ayoob quoted in IFIC Food Insight March April 2003

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