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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 (Hardback)

By Arne Astrup

Pam Krauss Books, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. 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. Powerhouse experts Arne Astrup, Professor Jennie Brand-Miller, and Christian Bitz know that the Nordic Diet is the best diet in the world for getting healthy and staying lean, even into middle age and beyond. As leaders in obesity research, glycemic science, and healthy living, respectively, they 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 one s diet are the most effective paths to overall health and stable weight. There s complex science at work behind the Nordic Diet, yet it s remarkably simple and delicious to adopt. Readers will be able to see significant improvements in their health and weight--and even prevent the dreaded middle-age spread--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...



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