



# The Optimal Diet

*Hans Diehl, M.D. Darlene Blaney*

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## **The Optimal Diet** Hans Diehl, M.D. Darlene Blaney

The official CHIP cookbook CHIP, the Coronary Health Improvement Project, is a successful lifestyle intervention program. More than 40,000 people have enjoyed the results of attending this world-class program. How did they do it? They simplified their lifestyle, especially their rich Western diet. And here are some of the recipes they used that made all the difference. If you want to enjoy good food--and good health--this book is for you! It will help you add healthier dishes to your meal rotation, and it will reduce the "crinkly bag syndrome," the dependence on refined foods, such as potato chips, presweetened cereals, and fast food. Special features include guidelines for stocking a healthy pantry, a glossary of nutrition terms, a two-week menu plan, nutritional analysis on recipes, and valuable information about fats, sugar, protein, vitamin B12, calcium, soy, and food additives.

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