



DR. LISA HARK is a renowned medical nutritionist with over 20 years of experience in nutrition counseling and promoting the benefits of healthy eating in children and adults. As Director of the Nutrition Education and Prevention Program at the University of Pennsylvania School of Medicine in Philadelphia, she is a leading nutrition educator of medical students and doctors. Dr. Hark is co-author of DK's *Nutrition for Life* and the host for the TLC show, "Honey, We're Killing the Kids."



DR. DARWIN DEEN is a nationally recognized family physician who has been studying and teaching nutrition for almost thirty years. He is Professor of Family Medicine and Director of Medical Student Education in the Department of Family and Social Medicine at the Albert Einstein College of Medicine, where he teaches family medicine, behavior change, and nutrition to medical students and doctors in training. Dr. Deen is also co-author of *Nutrition for Life* and editor-in-Chief of *The Complete Guide To Nutrition in Primary Care*.

PHOTOGRAPHY CREDITS:
Front jacket/spine: Mark Thomas/Jupiter Images
Back Flap: (above) Scott Gries; (below) Paul Csihas,
Lafayette Hill Studios

THE HEALTHIEST DIET EVER!

“Whole Grains: Food Labels’ New Darling”

THE WALL STREET JOURNAL

“Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

THE U.S. FOOD AND DRUG ADMINISTRATION

By eating just three servings a day of whole grains you can:

- Lose weight permanently
 - Live longer
- Feel your energy boost
 - Prevent disease

The Whole Grain Diet Miracle is the first book ever to explain these health benefits in detail, and include a 6-week menu to achieve your perfect weight and maintain it with 50 mouth-watering recipes.

Start today — and start living a healthier, longer life!



Discover more at
www.dk.com



The Whole Grain Diet Miracle
Dr. Lisa Hark &
Dr. Darwin Deen



Dr. Lisa Hark
Host of TLC's
Honey We're Killing the Kids
& **Dr. Darwin Deen**

The Whole Grain Diet Miracle



THE HEALTHIEST DIET EVER!

For the first time in history, we can prescribe a **weight-loss diet** that also has scientifically **proven health benefits**.
Eating **more whole grains** every day will help you **control your weight**, and **reduce your risk** of heart disease, diabetes, stroke, and colon cancer.

The Whole Grain Diet Miracle

The newly released 2005 U.S. Dietary Guidelines urge eating three daily servings of whole grains, for a total of 48 grams a day. Food manufacturers are rapidly producing more whole-grain cereals, breads, pasta, cookies, pizza, muffins, flours, bagels, tortillas, couscous, and even frozen dinners to meet consumer demand.

The Whole Grain Diet Miracle is the first book to explain the science behind whole grains: how they control weight, reduce colon cancer risk, reduce risk of diabetes, reduce heart disease rates, lower blood pressure, and cholesterol levels, and help you live longer. It also includes a description and brief history of 16 whole grains: amaranth, barley, buckwheat, corn, farro, kamut, millet, oats, quinoa, rice (wild and brown), rye, sorghum, spelt, teff, triticale, and wheat. The nutritional value and benefits of each grain are described and cross-referenced to recipes.

After a two-week startup menu, four-week everyday menus are included for weight management. Each daily menu features whole-grain dishes and cross-references to the recipe section of the book.

Whole grains can be used in all meals, including breakfast, lunch, dinner, desserts, and snacks. This book includes 50 easy-to-prepare, creative, and fabulously delicious recipes that are main and side dishes to accompany proteins, fruits, and vegetables.

The Whole Grain Diet Miracle concludes with a resource section for buying the best whole-grain products in stores and online, as well as an eating-out section to help guide readers eating on the run or in restaurants.

Start eating whole grains now and live a longer, healthier life.

\$24.95 USA
\$29.95 Canada