



The Gluten-Free Diet Food Diary: The Ultimate Diet Log (Personal Food & Fitness Journal) (Volume 1)

Jean LeGrand

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Maximize Your Success with the Gluten-Free Diet. Keeping a food log has been proven to be one of the most effective tools for people to make lifestyle choices in regard to the healthy consumption of food. There are many studies that have shown that people who keep food journals are more likely to be successful in losing weight and keeping it off. In a six month study published in the American Journal of Preventive Medicine, people keeping a food diary six days a week lost about twice as much weight as those who kept food records one day a week or less. "The Gluten-Free Diet Food Diary" has been designed for flexibility; you don't have to fill out every single area marked if you don't want to ... just try to be consistent so when you review your entries over a week (or month or longer), you have information that can help you understand your eating behavior and how you are -- or should be -- changing your relationship with food. If this is your first attempt at getting fit or if you've had trouble getting or keeping weight off in the past, "The Gluten-Free Diet Food Diary: The Ultimate Diet Log" will help you achieve the results you want and deserve. NOTE: Convenient pocket/purse size: 6" x 9"

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