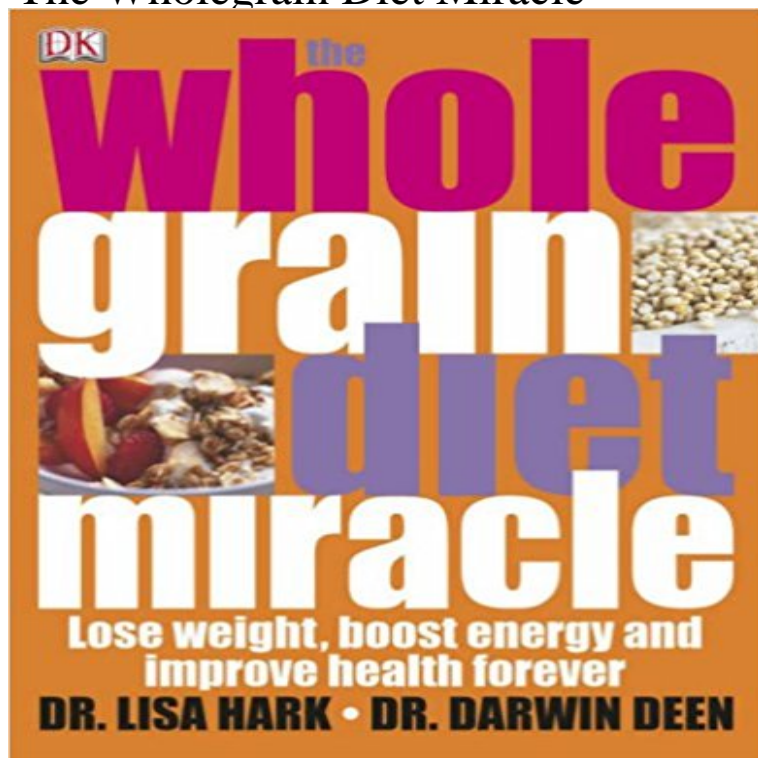


The Wholegrain Diet Miracle



If you eat a healthy, whole-grain diet you'll feel full long before you get fat. - Observer. Whole grains are not just super foods, they're wonder foods. Slinky celebrities including Gwyneth Paltrow, Oprah and Madonna are whole grain fans - it's the diet that boosts energy as you lose weight for good. Packed with nutrients that lower cholesterol, fight heart disease and colon cancer, whole grains are the key to long-lasting weight loss. From quinoa to oats, discover the nutritional powers of sixteen key grains. Then, whet your appetite with fifty mouth-watering recipes that are delicious and wholesome and enjoy practical eating plans that really do work. Forget fad diets: eating whole grains is the scientifically proven way to lose weight and improve your long-term health.

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