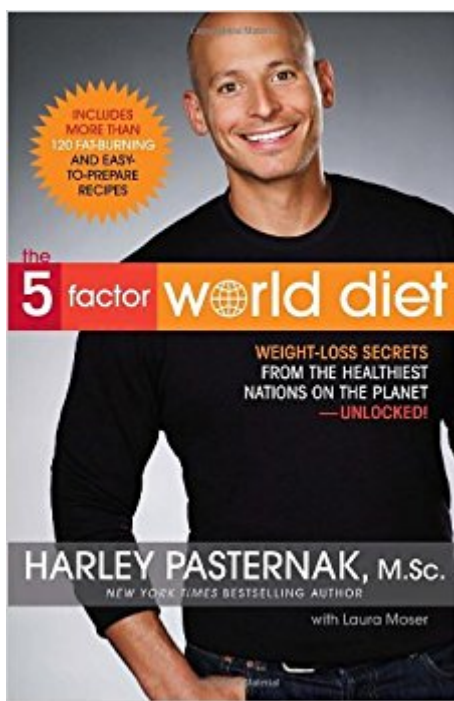


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# The 5-Factor World Diet



## Synopsis

Following on the heels of his hugely popular blockbuster, *The 5-Factor Diet*, celebrity trainer and nutritionist Harley Pasternak has searched the world to add a little variety and spice to your weight loss plan. *The 5-Factor World Diet* takes the 5-Factor principle—“five meals a day, five core ingredients, five-minute prep time”—and incorporates the best foods and nutritional habits from ten of the world’s healthiest countries. While jetting to exotic locales with some of Hollywood’s biggest stars as their personal health and fitness expert, Pasternak has sampled local cuisine from many corners of the world. Consequently he has made a fascinating discovery: the farther he journeyed from the United States, the easier it was to seek out foods that were both nourishing and slimming. Now he reveals the international diet secrets of the world’s healthiest people, including—

- the self-control technique used by the Japanese that prevents them from overeating.
- the trick to combating heart disease in France (it’s not just the wine).
- the reason Swedes stay slim and trim year round and have among the highest average life expectancies (80.74 years).
- the key to Singapore’s low obesity rate (less than 2%).
- an explanation why notorious food-loving Italians are among the healthiest people in the world.

Pasternak also shares helpful advice about ordering in restaurants, as well as pantry-stocking and cooking tips. With suggested menus and more than 120 delicious recipes—from Japanese Chicken Yakatori and French Ratatouille to Chapchae Korean Stirfry and Oven Baked Swedish Meatballs—*The 5-Factor World Diet* will keep you healthy, fit, and looking your absolute best.

## Book Information

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## Customer Reviews

I recommend this common-sense diet book, particularly for the recipe section. This book is 271 pages long, not including notes, an index, and a separate index of recipes (which I think is a good idea). There are 125 pages of recipes, and I have tried a few and found them to be simple to prepare and very good. The estimated preparation times appear to be accurate. The various cuisines included in the recipes provide a good deal more variety than many diet plans, yet they all adhere to the basic principles of this diet. If the diet you're on is getting boring, this one should provide some good alternatives. Even if you're not on a diet, the recipes are worth the price of the book.

Okay, so this book explains why many Americans are overweight/obese (and you already know the reason: too many calories + not enough exercise) and then compares the way we eat to the diet of people from a handful of other countries (Greece, Italy, Japan, Sweden, etc.), who rely on natural, fresh, low-calorie foods (and a good walk). It is all very common sense, but what makes this book so awesome are the recipes the author includes, inspired by his travels to these "healthy" countries. The recipes are easy, delicious, and nutritious (with many of them taking less than 30 minutes to make!) Follow the recipes and you won't be disappointed by the meal or snack you make. P.S. The salmon teriyaki is delightfully simple and crave-inducing!

The pot sticker recipes are healthy and fabulous. It is easier to make these than to order carry out. I also loved reading about the different approaches to eating and exercise in countries with low obesity rates.

Nice book that gives you lots of information about diets around the world. It's helpful to see what other cultures are eating in order to learn from them. I'm always fascinated to see what healthier countries are eating so that I can adopt some of their diets and lifestyles.

changing your eating habits, as with any "diet" is a life time.. not a temporary fix.. the recipes in the book are great, unfortunately I'm a vegetarian, and wouldn't use more than half of those recipes. The ones I know I'd try, I modify to using tofu instead of seafood or beef.

Another weight loss book but with an international twist. It has some very interesting information, but let's face it, we all know by now that broccoli is good for you whether or not they eat it in Japan.

There are some very interesting recipes but am I really going to make smoked salmon nori roll and eggplant caponata for my snacks today? That is not to say that I wouldn't eat them because in all honesty, many of the recipes look delicious. Also, the recipes make 2 servings, and that's a plus in my case. Another good thing, most of the dishes look relatively easy to make. The bad thing, some of the ingredients may not be readily available in some areas. For adventurous cooks interested in healthy eating, this may be just the book you're looking for.

Bought a second copy of the World Diet book just in case I lose the first. Harley put some great recipes in there.

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