



The F-Factor Diet

From [Shereen Jegtvig](#),

Guide Rating - ★★★★★ 5 Stars

Like Having Your Own Dietitian at Home

Everyone who has been on a weight loss diet knows how difficult it is to lose the extra weight and maintain that weight loss for any long period of time. Tanya Zuckerbrot knows that too. Tanya is a dietitian with 10 years of clinical experience and she has the knowledge and experience to help you get rid of that extra fat forever. Interested? You can learn everything you need to know from her book, *The F-Factor Diet*.



Photo © Tanya Zuckerbrot

What Does the F Stand For?

The F stands for fiber. Fiber is the indigestible material found in plants. Why do you need fiber in your diet? For one reason, fiber is important for a healthy digestive system and will keep you regular. Tanya told me that more than \$1 billion is spent each year on laxatives. Why so much? Because people do not get enough fiber in their diets. Fiber also helps you to feel full longer without adding calories, so fiber helps you to lose weight and maintain that weight loss. Eating enough fiber will also help to control blood sugar and will keep your energy levels high. In her book, *The F-Factor Diet*, Tanya Zuckerbrot teaches you how to use fiber as the cornerstone of a healthy diet that will keep you slim and healthy.

What Makes This Diet So Effective?

Tanya knows that the big reason *The F-Factor Diet* is so effective is because this diet focuses on what foods you are adding into your diet rather than what foods you are cutting out. Fad diets rely on denying you of certain foods such as carbohydrates or fats and that usually that denial results in feelings of deprivation and ultimately people go back to eating the foods their diet tells them they shouldn't have. *The F-Factor Diet* is not another fad diet, it is really a healthy life-long eating program.

What Makes This Diet Easy to Follow?

Tanya's experience with real patients has helped her to design a diet that is easy to follow for a lifetime. On *The F-Factor Diet*, the foods you add to your diet will keep you feeling full. Also, the foods you eat are real foods with no fancy ingredients. You can buy everything you need at any grocery store or easily choose meals at your favorite restaurants. The meals you eat will be more satisfying so that you will have an easy time avoiding high calorie snacks and junk food between meals.

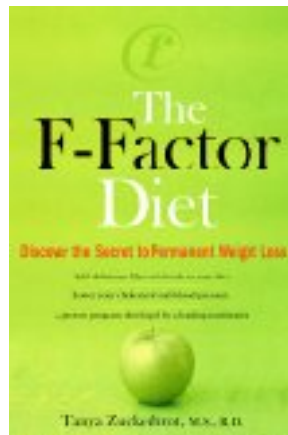


Photo © Tanya Zuckerbrot

Why Buy the Book?

As you read *The F Factor Diet*, Tanya will teach you about eating and why it is important to follow a healthy diet. She also includes all of the tools and information you need to track your daily fiber intake. Having *The F-Factor Diet* in your personal library is a lot like having your own personal dietitian to guide you on your healthy new diet.