

Enjoy Foods With Flavour. Lose Weight for Life. The Sonoma Diet

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Pros

We love the message that healthy eating is about great tasting food. The author is a Registered Dietitian, a credible authority on food and nutrition issues. She explores the how-to approach to enjoying flavourful foods with interesting recipes and sample meal plans that are a bit of an American twist on the Mediterranean diet. Guidance is given on how to proportion food on a plate rather than measuring or counting - a definite plus. The recipes are a step beyond the traditional fare, and there is a good chance readers will be exploring new tastes and combinations of foods.

Cons

This book reads as more of a diet than a lifestyle approach. At times the advice about what to eat is overly restrictive such as eating no fruit for the first 10 days. More emphasis on the importance of exercise and smart dairy choices would have been good as well. The 3 waves or parts of the diet may add complexity that busy people may not be up to. While interesting, the recipes do not appear to be quick healthy fixes. Instead the recipes can be time consuming to prepare with many ingredients which may not be practical for those looking to get through their busy week.

The Final Word

If you are looking for structured guidance on what to eat, are highly motivated and enjoy taking time to cook this book may be a good fit for you. However, if your family won't go along with throwing out all the junk food, you eat out often and cooking meals from scratch is not for you, you may want to skip this book.