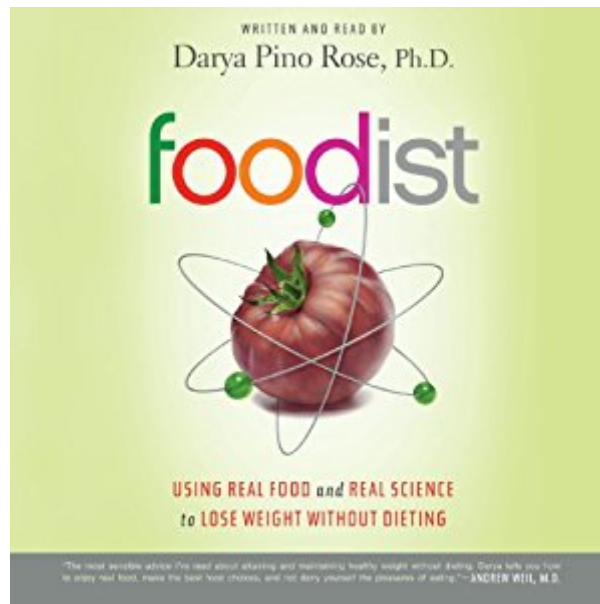


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# Foodist: Using Real Food And Real Science To Lose Weight Without Dieting



## Synopsis

Foodist is a manifesto about real food and real science that proves once and for all that sustainable weight loss is possible by incorporating fresh, seasonal - and delicious - ingredients into every meal. If you downloaded this book, there's a good chance this is not the first time you hoped a new eating plan would help you lose weight. Dieting is a popular hobby in the 21st century, and the result is typically a slow but steady weight gain over the years. Oops. Diets fail because they rely on willpower and restriction for achieving health goals, and ignore the reasons these tactics always backfire. Becoming a foodist helps you give up dieting forever and get on the real path to healthy, lasting weight control. Foodist is an approach that actually celebrates food while taking you through the nutrition and psychology involved in eating well to help you move beyond the daily obstacles and bad habits that keep the tasteless, empty, and unsatisfying food-like products on your plate. Losing weight no longer has to be about sacrifice, deprivation, and willpower, and food will turn from something you fight into something you can actually love again. As Darya writes, "You don't need a diet. You need an upgrade." Smart, accessible, and engaging, Foodist will help you tailor your eating habits to match your lifestyle and your food preferences, making sure the path you choose works for you in the short- and long-term. Not only will you permanently build healthier habits into your daily life, you'll lose weight and enjoy food like never before.

## Book Information

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## Customer Reviews

As a scientist, I bought this book hoping that she would use science to explain her opinions, as the book is sold as written by a neuroscientist. I only got to read up to page 190, when she starts to

recommend a "detox" recalibration avoiding sugar, wheat, dairy and alcohol products with no references at all. The very few drops of science she provides could be found on Michael Pollan books, and this is an area full of research that she should be able to read and talk about. The book is just a compilation of her lifestyle and common opinions.

If you want to get healthier, look and feel younger or lose weight, Foodist is the blueprint you need. I'm a cardiologist. Over the years, I've seen countless patients that wanted to eat better, be more active or lose some weight. And I've seen most of them not succeed. Some had success with the latest diet craze .....for a while. But a year later, almost all of them regain those hard lost pounds. They end up discouraged and feeling like failures, but eventually I learned that it's not them that failed. I started asking those patients that got healthier or lost weight and kept it off how they did it. Almost always, it was because they started eating real food, minimized processed food, and started moving more. As it turns out, there is no "miracle" diet or supplement or drug....those are the failures. Darya gets it. Follow her plan. Put all of that energy expended on restrictive, miserable diets into real food, eating at home and moving more and it will make you healthier. And being healthier will help you attain your weight goal. The Foodist plan is easier and more enjoyable than dieting and it works (and frankly it's the only thing that does for most). Foodist is not only a great plan but it's a really good read. It's well written, provocative, thoughtful and even funny at times. This book is going to change a lot of lives for the better.

Foodist provides wonderful examples of how being healthy starts with changing the way you think, not what you eat. Too many books focus on what it is you're eating, while Foodist's approach to healthy eating starts with changing the way you think about health and happiness. I've kept over 125lbs off for over 5 years now and time and again I'm reminded that it's never been a quick diet, a strict set of foods or a miracle device that's gotten me here. 5 years ago I started thinking about food differently, making better decisions that are now second nature. Foodist does an excellent job at providing plain understanding, which for me, was key for reshaping my approach to better health. The book was a great reminder that how happy you can be while maintaining a healthy lifestyle.

I was very excited when I purchased this book a couple months ago but this was a big let down. If you currently live 100% of Fast Food and microwavable meals that might be a decent book for you but if you are already a health minded person that occasionally cooks it really is kind of worthless. The majority of her statements are neither new or surprising (processed food is bad, eat fresh,

organic and local, don't over eat) but just plain common sense. And while she does quote some studies I think it is very misleading to call it 'real Science'. Paleo might be the hottest food trend right now but the majority of scientist still agree that unless you have celiac, gluten is NOT the root of all evil and that it is actually not good (and difficult) to cut a whole food category out of your diet. While my opinion on eating are similar to hers (I call it the Real Food diet and only eat things my great-grandmother would have recognized as food and either been able to make herself or buy 75 years ago) I also live by this: If you're not sick, don't eat like you are. And since I have neither a problem with carbs, gluten and lactose I will continue to eat them even though Darya Rose might not approve.

I eagerly awaited the review copy of this book. Darya seems like a very honest, non fad, down to earth person. If she could put that into a book - it should be great. I was very disappointed. About 20% of the books are just opinions of Darya. Like her Paleo-esque take on dairy and gluten. Nutritionist debate whether those foods are bad or good - Darya doesn't have a background in nutritional science so I don't see how her opinion adds much to the debate. If you write a book about how willpower is limited, why do suggest the reader avoids ground flour or most dairy products? The other 80% are even worse. They state extremely obvious facts. Eating fast food and processed food in general is unhealthy! You will more likely stick to a healthy diet (sorry, I mean eating habit) if you enjoy eating healthy foods and don't need to force yourself! Eat seasonal food that didn't travel far, its better for the environment! Exercise more! So what do you get if you buy this book? Mostly what you get in all other diet books out there. Like most diet books out there, Darya claims her method works, doesn't require calorie counting and isn't a diet in the first place. After you read this book, you just will enjoy eating cauliflower and lifting weights. There are hundreds of other books on exercising out there, written by people who worked with clients for years. If you want to know more about this topic, why would you read this book, and not "Starting Strength"? There are literally thousands of books about diets and willpower. Why should you prefer Darya over authors that did actual research and have a background in nutrition science? If it's because of the ads you've seen, if it's because of Tweets by Kevin Rose or Tim Ferriss or if it's because of the many 5 star reviews by friends of hers, please reconsider. I was excited by those things too, and was very disappointed.

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