



# The Total Wellbeing Diet

*Dr. Manny Noakes, Dr. Peter Clifton*

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HIGH PROTEIN + LOW FAT = TOTAL WELL-BEING The TOTAL WELLBEING DIET has been fully researched and developed by CSIRO, Australia's largest team of renowned scientists and nutrition experts. The diet is specially designed to provide not just weight loss, but also to protect and build the dieter's total health-so there is careful emphasis on including all the nutrients, vitamins and minerals needed for peak immune function, strong bones and high energy, as well as for avoiding long term diseases like diabetes, cancer, and cardio-vascular conditions. The eating plan is not based on complicated calorie counting, but instead uses a simple exchange system based on a daily allowance of servings in 5 basic food categories (protein, dairy, fruits & vegetables, breads & cereals and health fats.) The program's eating plan includes:

- A wide and flexible variety of foods that leave the dieter feeling fully satisfied, never hungry and never subject to cravings.
- The eating plan is flexible and allows the kind of variation (at restaurants, etc.) that makes a diet truly livable.
- The book includes tools to help the dieter track daily servings (so they can easily adapt the menus for their personal use) and overall progress.
- Includes a graduated exercise program, so that its recommendations are appropriate for dieters of all fitness levels.
- Features 12 weeks of eating plans that include full daily menus.
- Includes over 100 easy-to-prepare and delicious recipes, featuring adaptations of popular Mediterranean and Asian cuisines.
- Beautifully illustrated with four-color photography, the book provides a spa-like reading experience.

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