



Foodist: Using Real Food and Real Science to Lose Weight Without Dieting

Darya Pino Rose



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In *Foodist*, Darya Pino Rose, a neuroscientist, food writer, and the creator of SummerTomato.com, delivers a savvy, practical guide to ending the diet cycle and discovering lasting weight-loss through the love of food and the fundamentals of science.

A foodist simply has a different way of looking at food, and makes decisions with a clear understanding of how to optimize health and happiness. *Foodist* is a new approach to healthy eating that focuses on what you like to eat, rather than what you should or shouldn't eat, while teaching you how to make good decisions, backed up by an understanding of what it means to live a healthy lifestyle.

Foodist: Using Real Food and Real Science to Lose Weight Without Dieting is filled with tips on food shopping, food prep, cooking, and how to pick the right restaurants and make smart menu choices.



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