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How the French Stay Slim WebMD

How the French Stay Slim. An American dietitian explores the 'French Paradox': staying slim on a no-deprivation diet.

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Diet Wikipedia

Food. Diet (nutrition), the sum of the food consumed by an organism or group Dieting, the deliberate selection of food to control body weight or nutrient intake . Diet food, foods that aid in creating a diet for weight loss;

Healthy diet, the process of helping to maintain or improve overall health; Arts, entertainment, and media "Diet", an episode of the Adult Swim animated television series

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Paleolithic diet Wikipedia

The Paleolithic diet, Paleo diet, caveman diet, or stone-age diet is a modern fad diet requiring the sole or predominant consumption of foods presumed to have been the only foods available to or consumed by humans during the Paleolithic era.. The digestive abilities of anatomically modern humans, however, are different from those of Paleolithic humans, which undermines the diet's core premise.

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