



The Rice Diet Report: How I Lost Up to 12 Pounds a Week on the World-Famous Weight-Loss Plan

By Judy Moscovitz



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Over 20,000 people have spent thousands of dollars apiece to lose weight on this widely acclaimed low sodium, low protein, high carbohydrate diet that was developed by a Duke University medical science team. Now the Rice Diet is available to everyone! HC: Putnam. (Nonfiction)



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Editorial Review

From Publishers Weekly

The good news is that the title of this book is a bit of a misnomer, since it isn't a fad diet consisting only of rice. The menus and recipes offered here include fruits, vegetables, proteins and various carbohydrates. Pounds reportedly come off quickly, safely and in large quantities in a six-phase regimen low in protein, cholesterol and sodium, and high in fiber. According to Moscovitz, more than 20,000 people have been treated by Walter Kempner, M.D., of Duke University since he developed the diet over 40 years ago, and many have kept the weight off. The bad news is that the rigid diet must be followed exactly, allows virtually no salt or spices, and prescribes a paltry calorie intake. The author has transferred her fanaticism from food to the Rice Diet: "Mosco-Fats" was "a 275-pound ugly mound of flesh" who sold her worldly possessions for a stay at Kempner's clinic. Recalcitrant dieters who are similarly obsessed may be inspired by this thorough book. 75,000 first printing; 75,000 ad/promo; first serial to the Star; author tour.

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Users Review

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