

Thinking About A Diet - Consider The California Diet

The Sonoma Diet, often called the California Diet, was inspired by the eating habits of people living near the Mediterranean and in Sonoma County. Most of the time you'll be eating vegetables and vegetable products. You might know that Sonoma County, California is serious wine country. This diet suggests that you enjoy a glass of wine with your meals. The Sonoma Diet is divided into three phases.

The diet's first phase lasts for only ten days. During this initial phase you will change your eating habits and go for more healthy nutrition, eat less, reduce your sugar dependence, and start physical exercise. No fruits, wine, or second helpings are permitted during this phase. In the second phase, one that lasts until you have attained your desired weight, your food choices are widely expanded. For example, fruits and wine are now permitted. The grapes in wine have an antioxidant effect, which some people feel is good for your heart health. However, should you choose not to drink wine, you may enjoy unfermented grapes. The third phase is the life-long maintenance phase. During this phase continue to avoid foods such as fatty meat, fruit juice, potatoes, whole milk, hydrogenated fats, and refined cereals. You will definitely need a book to master the extensive list of suggested foods and forbidden ones.

A major advantage of the Sonoma Diet is the wide variety of permitted foods. This diet will expand many dieters' food horizons. It is said to be quite efficient in the long term. And many people appreciate the fact that wine is permitted, of course in moderation. A major disadvantage of this diet is the constant need to reference portion sizes. Many sugar addicts find it difficult to deal with the first phase of this diet.

Here is a sample menu: For breakfast enjoy two fried eggs with a slice of whole grain bread and a cup of tea or coffee. Lunch time means a Salade Nicoise with tuna fish and half a pita. For supper two skewers of beef and bell peppers accompanied by a spinach salad. Your evening snack is 20 grams (about two thirds of an ounce) of cheese and a cup of bell peppers cut into thin strips.

A quick look at the Amazon web site revealed a few Sonoma Diet books and Sonoma Diet cookbooks. I found no appropriate entries for the California Diet.

About the Author

Levi Reiss wrote or co-authored ten computer and Internet books and teaches computers at an Ontario French-language community college. Visit his wine, diet, health, and nutrition website <http://www.wineinyourdiet.com> and enjoy his general diet and nutrition articles. His major wine website <http://www.theworldwidewine.com> features weekly reviews of \$10 wines.

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