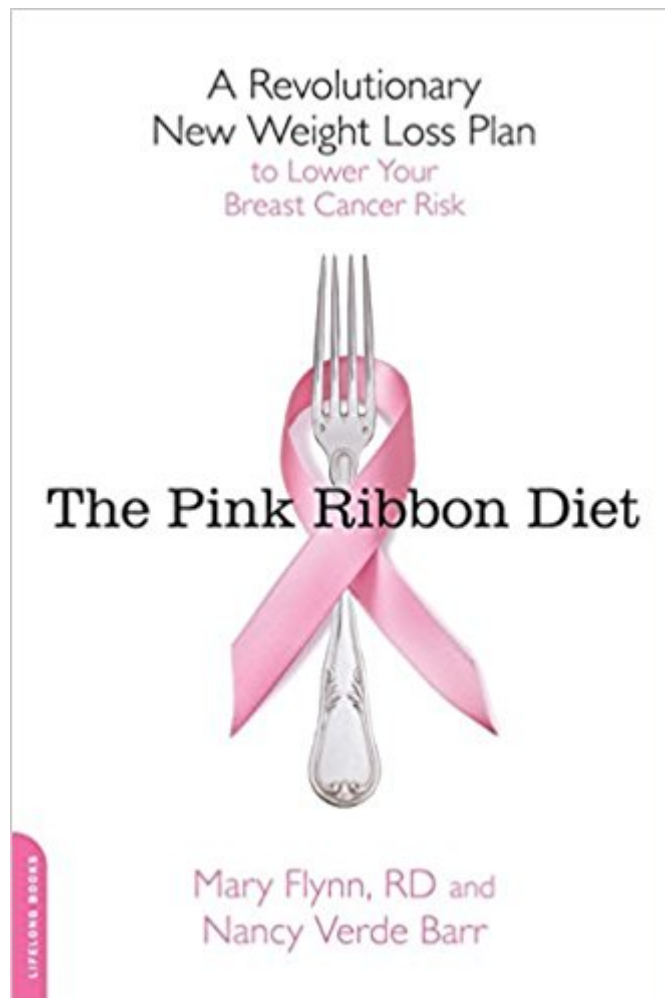




The book was found

The Pink Ribbon Diet: A Revolutionary New Weight Loss Plan To Lower Your Breast Cancer Risk



Synopsis

In a study funded by the Susan G. Komen for the Cure® Foundation, Dr. Mary Flynn researched the effects of an olive-oil-and-plant-based diet on overweight women who had previously undergone treatment for invasive breast cancer. Now, she reveals her findings in *The Pink Ribbon Diet*. Not only is this program more effective than the National Cancer Institute's recommended low-fat diet, but it is also a diet that women find more satisfying and can thereby sustain for life. The Pink Ribbon Diet features 150 recipes that naturally emphasize Mediterranean foods with nutrients thought to lower breast-cancer risk and foods that improve biomarkers, indicators of risk. This diet has been effective in helping women who have had breast cancer and those at risk of getting it to avoid unhealthy weight gain and safeguard their health.

Book Information

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Customer Reviews

Under the auspices of the Susan G. Komen for the Cure foundation, Flynn, a research dietitian at the Miriam Hospital and assistant professor at Brown Medical School, studied the effects of a plant-based olive-oil diet ("PBOO") for overweight women who had undergone breast cancer treatment, compared to a low-fat diet recommended by the National Cancer Institute. Her conclusion--that the plant-based olive oil diet is both more effective and more satisfying--is the basis for this combination research/recipe book, penned with the help of Barr, a cookbook author formerly associated with Julia Child. The authors explain that the PBOO diet concentrates primarily on foods that women should eat in order to lower their risk of breast cancer or to ward off its recurrence, while

omitting foods associated with risks; the focus on olive oil and veggies leads to improvement in blood lipids, blood sugar, and insulin, all biomarkers for breast cancer. Part II presents a 1,500-calorie diet that includes 150 simple, affordable, and enticing recipes, ranging from breakfasts, salads, and sandwiches to main courses and desserts. This user-friendly and preventive diet plan will benefit every woman concerned about breast cancer and health. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Publishers Weekly, 8/16/10 "This user-friendly and preventive diet plan will benefit every woman concerned about breast cancer and health." • Library Journal, 8/2/10 "[A] reasonable plan, even if you just want to maintain a healthy weight." • Blogcritics.org, 9/15/10 "Offers breakfasts, side dishes, main dishes, and "best of all" desserts (including cranberry/almond biscotti)" |Bottom Line: Would I buy The Pink Ribbon Diet? Yes, it is filled with recipes designed to satisfy the healthy Mediterranean in me." • Infodad.com, 10/14/10 "[The Pink Ribbon Diet] offers some delicious dishes." • January, October 2010 "An interesting "and surprisingly rationale" book" |Authors Mary Flynn and Nancy Verde Barr "Ms guide to diet, weight loss and food is sane and approachable." • Books and Chocolate blog, 12/6/10 "This book should be shared with any woman who is a breast cancer survivor, has been recently diagnosed, or who wants to lower her risk of getting the disease." • Healthy Magazine (UK), January 2011

Because this book contains charts and recipes, reading it on a Kindle Touch is not ideal. I tried to copy and paste the text for a few recipes on 's cloud reader and it didn't work. I'm a secretary by trade and do this on a regular basis. I ended up handwriting a few that sounded especially good. It's probably easier to just buy the hard copy book. With regard to the book's content, it was helpful information but there were entirely too many testimonials for my taste. I'm a "cut-to-the-chase" and tell me what I need to know person. I wish that I had this information four years ago when I was first diagnosed. It might have spared me the third diagnosis that I received yesterday. Take care of your bodies ladies and they will take care of you.

I purchased this book via Kindle after my lumpectomy earlier this year. I've decided to order the book - it is easier to navigate in the kitchen than my kindle as I'm preparing my meals. At first, I thought I would be hungry on this diet but found quite the opposite. Critics out there would look at the high carb plan and think that one would not lose weight. I lost 8lbs in two weeks on this diet. I love the food and servings are plentiful. It does take some planning & prep, but if one is eating the

way that they should, it would take planning and prep. My first trip to the grocery store did cost me close to \$100, but I had to stock up on some of the basics of this diet. Once I had them, I only had to replenish from time to time. Most of the recipes make only one serving, some make a few more(soups), but they do double/triple nicely. My husband can't eat this diet alone, but what is my dinner works out to be his side dish. The food is tasty and within a few days I noticed that I actually felt good. The diet doesn't discuss drinks - coffee or tea - but I made the decision not to drink diet drinks anymore, limit soda to once in awhile, and enjoy my daily cup of 1/2 caf coffee. I created an excel spreadsheet to meal plan & fill my grocery list. I'm not counting the calories, but am watching to make sure that I stay within the servings guidelines. Because I can't make the meal at my work, I prep either the weekend or night before my lunch and take to work - a lot of the recipes are very portable & re-heat well. My co-workers are requesting the recipes. My husband said that this should be called the Tupperware diet because of all the Tupperware I'm using to keep my meals in. I just think of it as my own convenience meal.

Excellent explanation of important dietary choices for health and the importance of weight control for the breast cancer survivor. Recipes are easy and helpful. A very easy way to diet - counting allowed units of starch, fruit, veggies, fat, and dairy instead of calories. Much easier this way and makes it obvious where we like to "go heavy" in our daily choices. I think she should have emphasized the importance of organic for certain foods - the top 15 most contaminated, and provided that list. I also notice she is not too concerned about the consumption of sugar. In a way this is helpful because one can have an otherwise healthy treat now and again and not feel guilty. (There are no units for sugar in the daily counting of categories). Somehow it all works out that one is not going above a certain daily calorie limit. I am well informed about diet and cancer and I highly recommend this book. Many helpful suggestions for getting organized as well. Pretty easy for me since I already stock most of these foods but the diet definitely points out where I fall short on consumption of vegetables.

My dietician recommended this book and I am defenately feeling better already. It makes a lot of sense and describes why this plant based olive oil diet works. It truly is the essence of a mediteratian diet which is recommended by the MAYO clinic. I have stage 4 breast cancer and within a week of being on this diet I my digestive problems have evened out. My family memebbers are starting it too. This is the best diet for anyone, whther or not you have cancer, heart disease or diabetes, or if you have none of them. This make a lot of sense.

Dr. Flynn's book has changed my life! I am almost 70 years old - so I've done a lot of diets, and failed. This is not a diet to me, but a way of living. I am losing weight, feeling good, having more energy and not feeling like I am being starved. Quite the opposite has happened, I am satisfied with my food and do not have cravings. This would a wonderful gift for anyone that you love who needs to improve their physical being. The recipes are easy and very tasty. Thank you Dr. Flynn.

I have used the book since March. Since starting the lifestyle change I have lost 12 pounds. The recipes are well written, easy to follow and offer a variety of healthy foods that are satisfying and yummy.

One recipe from this book was published in an article in the Brown Alumni Magazine--Tomatoes, Basil and Whole Wheat pasta. I loved the recipe so much that I make it once a week. I wanted the rest of the recipes, so I ordered the book, and I am not disappointed--have made many of the roasted vegetable recipes and entrees. The book explains the science behind the "Plant Based Olive Oil" diet and offers a number of studies that confirm its healthfulness and effectiveness. This cookbook is always out on my counter--I use something from it every day.

I first heard of this book at a dinner I attended with my office manager and co-worker. The author spoke at the dinner. I want to eat healthier so I ordered the book. The meals just look so delicious, and the book itself is just so logical in explaining food that is good for you that I ordered a few copies to give to my daughter, and my best friends. I love them all so much, I just want them to eat healthy

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