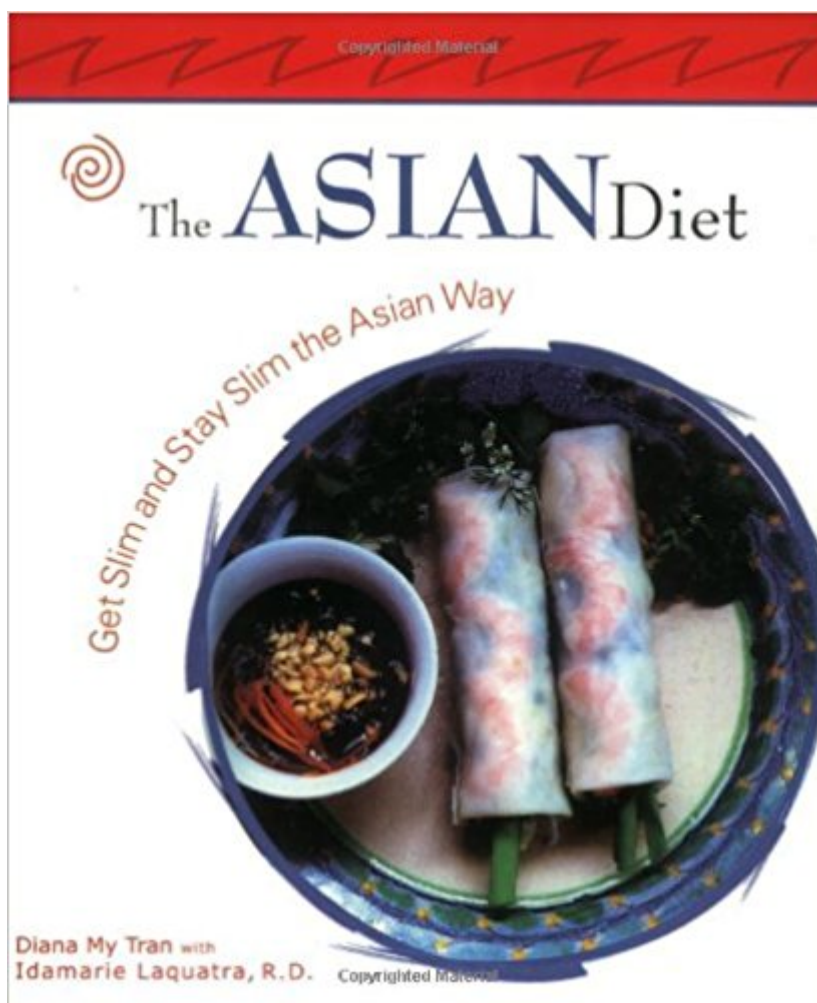




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# The Asian Diet: Get Slim And Stay Slim The Asian Way (Capital Lifestyles)



## Synopsis

Many Americans marvel at the slim-ness of Asian women and wonder what their secret is. Cookbook author Diana My Tran (The Vietnamese Cookbook, Capital Books, 2000), and Registered Dietitian, Idamarie Laquatra, reveal the secrets of the Asian Diet in this unique book featuring a fourteen day diet, more than 100 delicious and nutritious recipes, and a plan for life-long health.

## Book Information

Series: Capital Lifestyles

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Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #1,469,284 in Books (See Top 100 in Books) #100 in [Books > Cookbooks, Food & Wine > Asian Cooking > Vietnamese](#) #456 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#) #1948 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#)

## Customer Reviews

"...the recipes in The Asian Diet are simple and satisfying." -- Michael Hastings, Winston-Salem Journal  
"...will help you feel and look your best and get into a healthier eating pattern." -- Ms. Fitness  
"Diana is a walking advertisement for her philosophy of cuisine." -- Mary Bird, [Bird's Eye View](#), [The Georgetown](#)  
"Many Americans wonder why Asians are so slim. The secret to their method of eating is revealed..." -- St. Louis Post-Dispatch  
"The book is illustrated with stylish photos, and each recipe includes dietary information..." -- Washingtonian

Diana My Tran emigrated to the U.S. from Vietnam in 1975. She brought with her a talent for preparing the cuisine of her native country. Now a successful designer and dressmaker in Washington, DC, she has experimented and adapted her traditional recipes to the faster pace of American life. She is the author of The Vietnamese Cookbook and The Asian Diet. Idamarie

Laquatra, Ph.D., R.D. is a senior nutritionist at Mount Sinai Hospital and has consulted with the "Shape Up America" program.

The book gives a brief description of the Asian way of eating. There are many recipes to try and I can't wait to start trying some of them.

The recipes are great for an introduction to Asian cooking. The rest of the "diet" was not so interesting or motivating.

I purchased this book in 2004 directly from Diana, who made my wedding dress. The book is fabulous (so was the wedding dress!) One of our all time favorite recipes is the Indian Curry Chicken that is served with french bread instead of rice. Every recipe in this book is outstanding. I highly recommend it.

Tran's book was an unexpected treat. These are not exotic or complicated Asian recipes, but they produce good tasting Asian dishes, that are either naturally low-fat, or adapted (less emphasis on protein, reduced oil when possible, the use of low-fat coconut milk, for example.) The ingredients are readily available in most supermarkets. There are menu plans available which promise weight loss, but I just use the recipes. (The peanut sauce for the satays is great--and I even modified it more with lower-fat peanut butter.) These are nice recipes for introducing one's family to Asian cuisine--particularly Thai and Vietnamese. I also enjoyed the photographs of Tran and her family, which personalized the book for me.

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In her second cookbook, Diana My Tran gives the health-conscious person, who may not be familiar

with Asian delicacies, the scientific facts and the culinary guidance to prepare beautiful, healthy and quick dishes. Calories, proteins, carbs and more are given for each item, and menus suggested for continued good eating. This book combines a creative but sensible approach to eating Asian with a personal glimpse at an extraordinary chef.

Having more than 25 years of experience in the weight loss industry I feel qualified to say that this book offers sound science-based weight loss advice combined with beautifully conceived and executed recipes. The author, Diana My Tran, is a wonderfully talented woman with exactly the right experience to put it all together, keeping it simple and delicious.

How do Asians stay slim? Any aspiring to the Asian idea of slimness won't want to miss *The Asian Diet: Get Slim And Stay Slim The Asian Way*. From the use of more tofu and decreased focus on meat to 18 days of suggested menus for the Asian diet plan which may be used as a guide, simple recipes make it easy for non-Asians to understand and follow the concepts of the diet.

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