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The Asian Diet: Get Slim and Stay Slim the Asian Way (Capital Lifestyles)

Diana My Tran

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Many Americans marvel at the slimness of Asian women and wonder what their secret is. Cookbook author Diana My Tran and nutritionist Idamarie Laquatra reveal the secrets of the Asian Diet in this unique book featuring a fourteen day diet, delicious and nutritious recipes, and a plan for life-long health. Learn how to change your life-style from that of a perpetual dieter to a permanently healthy and slim individual. 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. Idamarie Laquatra is a senior nutritionist at Mount Sinai Hospital and has worked on the Shape Up America Program.

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