



Too Busy to Diet

By Monica Joyce, Jacqueline King

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Is your busy lifestyle making it difficult to eat healthy and your waistline is beginning to feel it? If your answer to this question is YES, then this book is for you.

Too Busy to Diet (TBTD) is like a travel guide to be picked up quickly during a busy day for easy solutions to eating more healthy. The book answers questions patients have been asking us for the last 35 years. How can I get more calcium in my diet, what foods are high in fiber, and how do I lower my cholesterol or sodium intake without sacrificing taste and food enjoyment?

It provides quick, easy solutions to meal planning and shopping, reading nutrition labels, easy meal ideas, and eating out.

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Too Busy to Diet is like having your own personal dietitian!

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