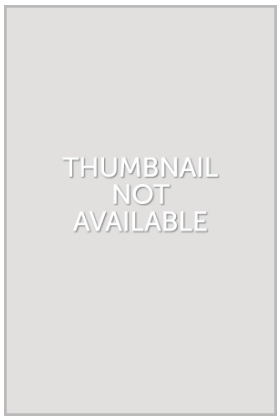
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U.S / John Wiley & Sons, Somerset, New Jersey, U.S.A., 2004. Hardcover. Book Condition: New. Former medical director of the Atkins Center, Pescatore incorporates what he believes to be the best of both low-carb and Mediterranean diets. The Hamptons Diet eliminates "unhealthful foods that your body does not metabolize well," Pescatore explains. His diet is high in monounsaturated fats (especially macadamia nut oil), vegetables, fish, lean meats, nuts, whole grains, and low-sugar fruits: "real food"--unprocessed, unrefined, mostly organic. Pescatore tells...

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