The Zone Diet

Resources for This Diet


Zone-Perfect Meals in Minutes: 150 Fast and Simple Healthy Recipes from the Bestselling Author of the Zone and Mastering the Zone by Barry Sears, New York: Regan Books, 1997.


The Official Zone Diet Web site

www.zoneperfect.com

Another Barry Sears-santioned Web site

www.zonediet.com

Bibliography


The Zone Diet: How Does It Work? The Zone diet restricts calories while encouraging you to change the balance of the foods you eat in order to lose weight. On the Zone diet, you will get 30 percent of your calories from protein, 30 percent from fat, and 40 percent from carbohydrates. The Zone Diet® will help you shed excess pounds and improve your mental and physical performance while living a more fulfilling life. The Zone Diet® is a life-long dietary program based on strong science to reduce diet-induced inflammation. What is the zone? The Zone® is a real physiological state in your body that can be measured in clinical tests. If you are in the Zone, you have optimized your ability to control diet-induced inflammation. This inflammation is the reason you gain weight, become sick, and age faster. The Zone diet is designed so that a person’s daily calorie consumption is comprised of 40 percent carbohydrates, 30 percent protein, and 30 percent fat specifically advocates the insulin to glucagon ratio, which purportedly affects eicosanoid metabolism and ultimately produces a cascade of biological events leading to a reduction in chronic disease risk, enhanced immunity, maximal physical and mental performance, increased longevity and permanent weight loss.