



# The Dorm Room Diet: The 10-Step Program for Creating a Healthy Lifestyle Plan That Really Works

By Daphne Oz

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## **The Dorm Room Diet: The 10-Step Program for Creating a Healthy Lifestyle Plan That Really Works** By Daphne Oz

The 10-Step Program for Creating a Healthy Lifestyle Plan That Really Works

*The Dorm Room Diet*

Revised and Updated Edition

Figuring out how to eat right and stay healthy on your own can be hard! Here is help from someone who's been there. Like many girls, Daphne Oz struggled with her weight as a teenager and hated the extreme restrictions of fad diets. She wanted to find a healthy lifestyle solution that would let her enjoy a full college experience without packing on the proverbial Freshman 15. But could it be done?

With the help of her father and grandfather, both cardiac surgeons, and her mother and grandmother, both holistic nutrition advisors, Daphne developed a whole new approach to managing her weight. How well did it work? You be the judge: In her first semester of college, she not only skipped the typical beer-and-pizza-fueled weight gain—she *lost* 10 pounds and became healthier than she had ever been.

The transition to college life presents a golden opportunity to seize control of your health for good, and now the secrets of Daphne's success are available to you in *The Dorm Room Diet*.

Get?inspired. Get?informed. Get?started!

In this revised and updated edition of her national bestseller, Daphne shows you how to:

- stop eating out of emotional need
- navigate the most common danger zones for unhealthy eating, such as eating on the run, late-night studying, sporting events, and parties
- get the exercise you need, even in your dorm room

- choose vitamins and supplements wisely

Daphne also includes recipes that you can prepare in your dorm room or kitchen (including vegan and gluten-free dishes), and an informative, new section on "conscious eating," explaining how your food choices affect your health and the planet.

*The Dorm Room Diet* will empower you to use your newfound independence to create a healthy lifestyle while in college—and for the rest of your life.

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### Editorial Review

#### Review

"This easy-to-read guide has a simple philosophy behind it: If students know nutrition basics, they will make healthier food choices." *The New York Times*

"This is a great book to pack between the extra-long twin sheets and study lamp." *Publishers Weekly*

"A survival guide to eating healthfully and exercising during the precarious time when parental controls are off." *Los Angeles Times*

#### About the Author

Daphne Oz believes in happy, healthy living based on the successful strategies she developed to permanently shed more than thirty pounds while still enjoying all the foods she loves. She is all about finding innovative ways to fill her life with smart, accessible luxury and sharing her practical tips for making the process fun and easy. A 2008 Princeton University graduate, she is cohost of ABC's hit show *The Chew*, coauthor of the *New York Times* bestseller *The Chew: Food. Life. Fun.*, and author of the national bestseller *The Dorm Room Diet*. Daphne has been featured in the *New York Times*, *Wall Street Journal*, *Washington Post*, *Reader's Digest*, *Glamour*, *Teen Vogue*, *Seventeen*, *Cosmopolitan*, *People*, and *US Weekly*; cohosted *The View*; and appeared on *Good Morning America*, *Fox & Friends*, *The Dr. Oz Show*, and NPR's *Weekend Edition*. Daphne received her chef's degree from the Natural Gourmet Institute and is a graduate of the Institute for Integrative Nutrition. She lives with her husband, John, in New York City.

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##### Doris Anderson:

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**John Montes:**

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