

What Has Dr. Shook Been Reading?

The Sonoma Diet

By Dr. Connie Guttersen, R.D., Ph.D.

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The Sonoma Diet, which offers a trimmer waist and better health in just 10 days, is not so much a diet for weight loss as it is a style of eating.

Like so many other diets *The Sonoma Diet* has three phases or “waves”. The first wave is designed to break the dieter of their sugar and white flour addictions and instill a sense of portion control. The second wave is maintained until the dieter has reached their weight and fitness goals. The third wave is a lifestyle eating plan.

But why call it *The Sonoma Diet*? Have you been to Sonoma California? Have you seen the rolling green hills, experienced the perfect weather, walked on the fertile soil and tasted the wines that were pressed from the grapes that were grown in the vineyards? Everyday of the week you can find a farmer’s market featuring locally produced foods. It’s nice, if you haven’t been there, it is worth making the trip.

But what does the California wine country have to do with dieting? A great abundance of fresh foods, colorful vegetables, fruits, berries, nuts, and olive oil and that is what *The Sonoma Diet* is all about.

The Sonoma Diet is not about resisting temptation and it is not about doing without. This is a very user friendly diet with no counting of calories or calculations of fat/carbohydrate/protein grams. It is more of food enthusiasts’ guide to fresh foods, a food lover’s cookbook with an emphasis on portion control. The only thing the dieter is asked to give up is their addiction to sugar and white bread. The only evil food is hydrogenated fat. *The Sonoma Diet* is like the Mediterranean Diet served with a glass of California wine.

For someone familiar with their kitchen, with dicing, sautéing, steaming, grilling and baking *The Sonoma Diet* may be for you. Those accustomed to the hunting and gathering experience of filling the frig and pantry with beans, grains, nuts, fresh produce, dairy and meat, *The Sonoma Diet* may be no more that portion control and switching to whole grains.

If you are a kitchen novice, if you do not know the difference between asparagus and artichokes you’ll have a great adventure ahead of you. *The Sonoma Diet* will provide for you a shopping list, meal plan and recipes to get you started on this new way of eating.

New unless you live in Northern California or near the Mediterranean Sea.

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