

Dr. Goldman's Book Reviews

THE ZONE

A Dietary Road Map

By

Barry Sears, Ph.D.

Harper Collins Publishers

This is one of the first modern low carbohydrate diet books. Published in 1995, Barry Sears had a major influence on Dr. Agatston, the author of *The South Beach Diet* and many other low carb diet books that followed.

Dr. Sears was the dietary advisor for major college sports teams. Each meal program, each individual meal and snack, was balanced for the exact needs for the individual athlete. To calculate total calories and the requirements of protein, fat, carbohydrate for each meal one needs to know the muscle mass, lean body weight and exercise activity level of the specific person involved. The Zone is really the ultimate diet program but is not practical for the average person. It is a terrific book to learn the principles of nutritional balance. The South Beach Diet is easier for most people to follow.

Robert P. Goldman, M.D. February 2009