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By the book

Choosing the right diet tome for you

Connie Midley

The Arizona Republic

Jan. 24, 2006 12:00 AM

Whether your excess weight is the result of genetics, emotional eating, a hormonal imbalance or supsize portions, there's a diet book that could help you lose it. Here are a few relatively new choices:

Reach the reporter at connie.midley@arizonarepublic.com or (602) 444-8120.

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Fat Is Not Your Fate: Outsmart Your Genes and Lose the Weight Forever, by Susan Mitchell and Catherine Christie (Fireside, 2006, \$15 paperback).

Knowing your phenotype, or genetic makeup, can help you find the right diet.

Take the authors' questionnaire to determine which of six phenotypes describes you: Is your weight gain linked to an addiction, high blood pressure, cardiovascular disease, diabetes, emotional eating or

hormones? Then follow the weight-loss program for your phenotype.

Something to try: If you're Phenotype B (high blood pressure), add fresh fruits and vegetables with a mild diuretic effect to your diet. These include bananas, Brussels sprouts, cantaloupe, green beans and peppers.

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