



The Anti-Aging Plan: The Nutrient-Rich, Low-Calorie Way of Eating for a Longer Life--The Only Diet Scientifically Proven to Extend Your Healthy Years

Roy L. Walford, Lisa Walford

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The late Dr. Roy L. Walford spent much of his life's work researching low-calorie diets, and is now recognized as a pioneer of what is widely recognized as "calorie restriction" (CR)—a diet consisting of fewer calories while maintaining adequate nutrition. In *The Anti-Aging Plan*, his landmark book first published in 1994, Dr. Walford presents the results of his studies and clearly describes how the principles of nutrient-rich caloric limitation can be applied to everyday dieting habits. In the latter half of the book, Dr. Walford and his daughter Lisa, a chef and yoga instructor, offer over one hundred delicious recipe ideas that apply to Dr. Walford's diet plan.

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