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French Women Don't Get Fat

Mireille Guiliano, author of *French Women Don't Get Fat*, believes that French women stay slim because they know how to savor their food and derive pleasure from smaller quantities.

The basic premise of the diet is that only high-quality food should be eaten. In addition, portions should be small and every bite should be savored and enjoyed rather than guiltily rushed through. No food is off limits, but large portions should be avoided. Whole, natural foods are highly encouraged, and artificial and processed foods should be minimized and eaten only in moderation if they bring an individual true pleasure.

There is no calorie counting – just controlled eating using all of the senses. Often referred to as a “non-diet,” the French Women Don't Get Fat plan is meant to reset the body's dials for a lifetime of vibrant health at one's ideal weight. Recommended portions are 3–4 ounces of meat or fish, 1 cup salad greens, 1/2 cup raw or cooked vegetables, 1 medium piece of fruit, 1 small slice of bread, 2 small pancakes or waffles, 1 cup pasta, 1/2 cup rice, a 3 ounce potato, 1 cup cereal, 1 ounce dried fruit and nuts, 1 1/2 ounces cheese, 1 cup yogurt or milk, 1/2 cup ice cream, 1 ounce chocolate, and 1 teaspoon oil, butter, or mayonnaise.

Moderation is a key component of this diet: It's important to integrate small indulgences, never demonizing food. As a famous French slogan states, “Il est interdit d'interdire,” which means, “It is forbidden to forbid.”

Fresh, wholesome, and seasonal ingredients are highly recommended. Mireille also suggests eating a wide variety of foods with different flavors and textures in order to feel truly satisfied and never deprived. She believes most Americans would benefit if they allowed themselves to slow down, limit distractions, and relax while eating.

Timeless French recipes, along with Mireille's Magic Leek Soup and plain natural yogurt, are staples of the French Women Don't Get Fat approach. Mireille argues that yogurt promotes weight loss by speeding up the body's fat-burning capacity. She specifically claims that frequent yogurt consumption trims fat around the middle of the body. Mireille's argument is supported by a scientific reaction called thermogenesis, which occurs when the calcium in yogurt is broken down and produces heat in fat cells, burning excess adipose tissue.

Daily physical activity is encouraged, but Mireille emphasizes natural movement – mostly walking – as opposed to structured, intense workout routines. The author also recommends getting adequate sleep, but warns against overdosing on sleep. Followers of this plan are encouraged to lead full lives with an easy-going approach and engage in meditation, relaxation, art, and fashion.

Foods to include:

- Vegetables
- Fruits
- Grains
- Meat
- Poultry
- Fish
- Eggs
- Beans
- Dairy
- Nuts and seeds
- Healthy oils

Foods to avoid:

- Processed foods
- Trans fats
- Oversized portions

Pros:

- Flexible, guilt-free style of eating
- No food off-limits
- Easy to maintain
- Simple approach

Cons:

- Principles based on personal experience and observation
- Cultural factors that only work for certain people may come into play
- May not address underlying conditions that promote unhealthy eating behaviors
- May be difficult to eat in moderation

Sources:

Reset, Recast and Reclaim [.\(http://www.frenchwomendontgetfat.com\)](http://www.frenchwomendontgetfat.com).

French Women Don't Get Fat – Diet Reviews – Pros/Cons www.youtube.com [.\(http://www.youtube.com\)](http://www.youtube.com)