

Suggested Interview Questions
for **Joel Fuhrman, M.D.**, author of **THE END OF DIETING**

1. You say that science-based nutritional advances have not trickled down to the diet book industry because so many people continue to struggle with their health and weight. What are the “twin powers of food preference and food addiction” that inspired you to write your latest book?
2. You say we’ve been sold a “false bill of good” by the billion-dollar diet industry. What do you mean by that?
3. How can a person who is eating the Standard American Diet (S.A.D.) change their food preferences?
4. What do you say to the millions of dieters who believe so strongly in the Paleo diet? The Mediterranean diet? Wheat Belly? How are these diets potentially harmful?
5. It seems that every day we hear a different recommendation—carbs are bad, then carbs are good; go low-fat, eat the right fats; count calories, limit calories. How is *The End of Dieting* different from all of the conflicting recommendations?
6. How long, on average, does it take for a person to quit dieting and start eating to live a healthy life?
7. Is *The End of Dieting* plan vegan or vegetarian, or does it include animal products?
8. How much do you recommend a person exercise when trying to lose weight? Does exercise play a part in *The End of Dieting*? How so?
9. What is the difference between toxic hunger and real hunger?
10. Please describe your “nutritarian” approach to eating?
11. You say that *how* you approach weight loss is critical. What are the three basic principles of weight loss that you share in *The End of Dieting*?
12. What advice can you give to the millions of Americans who have spent their lifetimes on one diet or another? How can he or she get started?
13. What do you mean when you say *The End of Dieting* will teach someone “how to live for life”?