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The French diet leaves room for sweet indulgences like full-fat cheese and rich, dark chocolate. Clower suggests ending your meal with a bite of one or the other, a concept he calls the "ender." The food you choose has to be good, though, something that actually makes you groan with the enjoyment of it, he tells WebMD.

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11. The French diet includes raw foods. The French are masters of the Yin and Yang of cuisine. They pay utmost attention to the balance of sweet and sour, soft and crunchy, and hot and cold. In order to enjoy balanced textures and flavors, they include plenty of fresh and raw foods.

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French Women Don t Get Fat Diet Review WebMD

French Women Don t Get Fat is loaded with pearls of wisdom that can help you become more mindful about eating and be satisfied with eating less without feeling deprived. The approach will appeal if you don't want to put any food off-limits, and you don't want to count calories. It's not for you if you want more structure.

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