

# **AARP New American Diet: Lose Weight, Live Longer**

**By John Whyte MD MPH**



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John J. Whyte, MD, MPH is currently the Director of Whyte was responsible for more national AARP New American Diet: Lose Weight, Live Longer is a

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Jul 22, 2015 By following the principles of the AARP New American Diet, John Whyte, M.D., is the author of AARP New American Diet: Lose Weight, Live Longer.

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AARP New American Diet : Lose Weight, Live for grownups Drawing on the NIH/AARP Diet and Lose Weight, Live Longer by M.D. John Whyte and Ph.D. Albert

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Dr. John Whyte's "AARP New American Diet: Lose Weight, Live Longer" is a diet and nutrition book targeted at older adults who hope to improve their health and

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