

Pierre Dukan Quotes

*Thinking, Three, Persons, Wife, Doctors, America, Weight, Ifs, Years, Fats,
Mind, World, Luxury, Curves, Proven, Two, Ideas, Marketing, Jogging, Morning*

I love Japanese and Thai food, especially seafood, and eat out with my wife two or three times a week.

~Pierre Dukan

For the first 50 years of your life the food industry is trying to make you fat. Then, the second 50 years, the pharmaceutical industry is treating you for everything.

~Pierre Dukan

You never see a French person eating alone.

~Pierre Dukan

I think America and Britain have a different culture from France. They discovered marketing and consumerism before France.

~Pierre Dukan

Oh, in France you can't defame an idea, only a person.

~Pierre Dukan

I've never seen an obese person who has said, 'I am well in my mind.' Happiness stops food being a compensation.

~Pierre Dukan

If you put on weight it's not by chance. You put on weight because you eat compulsively.

~Pierre Dukan

It's been proven that fitting more activity into your day can greatly improve your health.

~Pierre Dukan

Mine is the least fat diet in the world.

~Pierre Dukan

If you love a man, immediately you will reduce your intake of food - it's automatic.

~Pierre Dukan

There is nothing unhealthy about educating youngsters about nutrition.

~Pierre Dukan

Sugar is more present in America or England than it is in France. I think there is an addiction to sweetness.

~Pierre Dukan

To be a nutritionist in France, you must be a doctor, seven years studies, and then three more years in nutrition.

~Pierre Dukan

I think it's better to be a woman with some curves. It's more natural.

~Pierre Dukan

Economic gross is making us fat.

~Pierre Dukan

I am a doctor, a real doctor.

~Pierre Dukan

I am rich because I sell a lot of books, but it's not my drive.

~Pierre Dukan

I go jogging for 25 minutes every morning, even if I'm away from home.

~Pierre Dukan

I like to feel occupied.

~Pierre Dukan

I still live in an apartment in Paris with my wife. No, we don't have a

yacht, but we do have a house in Spain; that is my luxury.

~Pierre Dukan

When followed correctly, the Dukan Diet is both a safe and effective method of weight loss.

~Pierre Dukan

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