

《男子吃一年土豆减掉115磅》

导读:澳大利亚一男子一年只吃土豆，减掉了115磅。



After a year of eating nothing but potatoes, an Australian man says he is almost 115 pounds lighter and feeling healthier and happier, even as nutritionists warn against trying a similar mono diet.

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Andrew Taylor of Melbourne began his "Spud Fit" challenge in January, when he weighed 334 pounds. Now at 220 pounds, Taylor said his extreme eating plan was never intended to be a weight-loss program, but rather a way to break his addiction to food.

????Andrew Taylor?1?????"Spud Fit"????????????334????220????????????????????????????????????

"A very welcome side effect is that so far I've lost 114 pounds in the process, too."

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