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The Mayo Clinic Diet **By Charlie Duerr**

In the first diet book in the organizations history, experts at the Mayo Clinic, the largest integrated, not-for-profit, group practice in the world say that eating, like many other things, is habit-forming. The key to weight loss is to quit five bad habits, adopt five good habits, and (eventually) adopt five bonus habits. On the good habit side, they recommend loading up on fruits and vegetables, cutting out sugar

and getting up off the couch once in a while. Bad habits like snacking are out (with an exception for fruits and veggies) as are restaurants, unless the meal fits in with their overall program. It sounds like a tough sell, but the book gives helpful step-by-step instructions on how to evaluate ones current weight situation, set goals and get started.

http://www.time.com/time/specials/packages/article/0,28804,1950966_1950979_1951016,00.html