



Mayo Clinic diet book: Lose 8 pounds in 2 weeks

Start the day with a healthy breakfast.

Each year, millions of Americans resolve to lose weight and must navigate through the clutter of diet fads clutter and misconceptions. To help them succeed, the prestigious Mayo Clinic published its first-ever diet book, "The Mayo Clinic Diet," out now.

Don't count calories. Visual cues can help you learn proper portion sizes.

Mayo Clinic researchers drew from their work with thousands of patients to identify habits of people who maintained a healthy weight. Their plan promises an average weight loss of 8 pounds in the first two weeks, says the Mayo Clinic's diet expert Donald Hensrud. The diet incorporates a two-phase approach:

Lose it For two weeks, add five healthy habits (like eating breakfast every day to boost metabolism), break five unhealthy habits (like drinking %sodas), and adopt five bonus habits (like tracking what you eat).

Live it Adopt lessons learned in the "lose it" phase and apply them in a lifestyle program that can last indefinitely, Hensrud says. There's no need to count calories. Learn proper portion sizes by "recognizing visual cues": Aim for a tennis-ball-sized portion of fruit, like a small apple, or a hockey-puck-sized serving of carbohydrates, like half a slice of bread.

What separates the Mayo Clinic diet from the fads? It encourages healthy living meant to last a lifetime, Hensrud says. "Oftentimes people are bombarded with things they can't do," he says. "This is what they can do."

-- *Diana Nguyen*

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