



WHAT MAKES A GOOD DIET?

Many, many diets have been tested at the weight-loss program, at Johns Hopkins University, and most have been found lacking. What works? A diet that includes the following characteristics:

GRADUAL AND STEADY WEIGHT LOSS.

Quick weight loss is not only unhealthy, it usually doesn't last. The weight you lose, essentially water, (not fat) inevitably comes back.

A BALANCE OF NUTRIENTS.

A healthy diet should include approximately 20% protein, 30% fat, and 50% carbohydrate.

VARIETY.

Pick a plan that includes all kinds of food so you won't get bored – and quit.

LIFETIME ADAPTABILITY.

A good diet can be continued indefinitely.

EASE.

It should not disrupt your daily life, you should be able to eat what you want when you want.

This kind of diet and some other strategies holds the key to losing weight and keeping it off.

From: The Health, Weight, and Stress Program Study at Johns Hopkins University, and compiled in the book, "The Complete University Medical Diet" by Maria Simonson, Ph.D.; Rawson & Assoc. New York, 1983.

JOIN RITA LARSEN, R.D. TO LEARN "WHAT TO EAT AND WHAT NOT TO EAT"!

Her successful program will provide all of the tools that it takes to create your own personal weight loss system. Calories are calculated specifically for each individual needs. Also included, are easy-to-follow menus and tasty recipes to compliment your personal eating style. To make the process even easier, you will be shown how to log-on to a computerized menu system. Discuss with Rita the most nutritious food choices for snacks, lunches, and dinners all healthy food choices while directing your own weight loss program. A visit to a local grocery store is included. Everything you need to know in six quick weeks!

- ✓ Initial program \$ 75.00 1 hour initial meeting; ½ hour follow up meeting; diet materials
- ✓ Additional follow up \$ 25.00 1/2 hour private meeting
- ✓ Weight Challenge \$ 25.00 One month weekly weigh-in; email diet questions and menus



THE POINT SAVER SYSTEM DIET

The Point Saver System meets all the criteria established by the Johns Hopkins study. The concept allows for faster computing of food intake than the previously used method of calorie counting.

- Each individual will be given a daily POINT total, based on his desire to lose weight or maintain weight. The POINTS are calculated by computer using the Harrison Benedict Formula for predicting caloric needs. Results are based upon the person's present height, weight, age, and activity level.
- One POINT equals 75 calories. Seventy-five calories will approximately equal one item of food.
- Lists of commonly used foods have been compiled and converted into POINTS. Therefore, less effort is involved in record keeping and more effort can be given to learning how to monitor food intake.
- An important aspect of the diet is to stay within the allotted POINTS for a given day. This "consistency" is considered to be the key to losing weight.
- Before weight loss can be accomplished, the first step is to become aware of normal eating patterns. To establish these patterns it is necessary for each individual to keep a log of:
 - ◆ the foods he eats,
 - ◆ the amounts of foods,
 - ◆ a daily POINT total.

It is advised to include as many favorite foods and normal activities as possible, while still maintaining given POINTS for the day.

Once the eating pattern is understood, time can be taken to consider the nutritional quality of the diet, "problem eating times", and planning for future dietary control.

WEEKLY TOPICS AND ASSIGNMENTS

WEEK 1: "GETTING STARTED"

- Personal Assessment, One Day Dietary Recall
- "What makes a good diet?", Introduction to the POINT SAVER SYSTEM Philosophy
- Introduction to POINT SAVER SYSTEM Food Lists
- Beginning to Modify Eating Behavior with the "Behavior Change Method"
- Calculation of POINTS from One Day Recall
- How to Keep Food Records
- Assignment:



WEEK 2: "UNDERSTANDING YOUR SYSTEM"

- Individual Point Saver Calculations
- How to Begin . . . Using the POINT SAVER SYSTEM Food Lists
- Learning to Weigh and Measure Foods
- Basic Objectives for Daily Point Planning
- Assignment:

WEEK 3: "FOLLOWING THE COMPLETION OF YOUR FIRST FULL WEEK. . ."

- Analysis of Food Intake Records,– Awareness Processing to Create Change
- "Pre-planning" Your Points for Best Results
- Slide Series: "Balancing Your Choices"
- Assignment:

WEEK 4: "A COMMON SENSE APPROACH TO DINING OUT"

- Questionnaire of Basic Food Attitudes
- Practical "Pointers" to Choosing Foods in Restaurants
- Is Fast Food Too Fast for You? – Some Nutritional Guidelines to Food Selection
- How to be a Good Guest Without Being a Diet Snob
- Assignment:

WEEK 5: "DIET AND EXERCISE" – "THE MAGIC COMBINATION"

- Intake versus Output Considerations
- How to get Your Metabolism to Work for You
- Calorie Expenditures for various Activities by Weight Category
- Questionnaire: Your Food and Non-Food Related Activities
- Assignment:

WEEK 6: "QUALITY VERSUS QUANTITY CONSIDERATIONS OF ANY DIETARY PROGRAM"

- Nutrition Quiz and Results
- The Nutrient Needs of Healthy Adults
- What Nutrients will and will not do for You
- Nutrition Supplementation, – Is it Necessary?
- Choosing Your Foods for Better Nutrition
- Do you need Caffeine, Salt, and Sugar Substitutes and other additives?
- Assignment: