



# Mayo Clinic Diet

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## **Mayo Clinic Diet** Mayo Clinic

Discover Mayo Clinic's first-ever weight-loss diet, and the last diet you'll ever need!

Bogus “Mayo Clinic diets”—based on everything from cabbage soup to grapefruit to bacon—have been circulating for decades. These diets have no connection to Mayo Clinic, but their popularity told us that people are hungry for a diet based on Mayo's research and clinical experience. So, here it is— for real—The Mayo Clinic Diet.

In our work with literally thousands of patients every week over many years, we've identified the leading habits of people who maintain a healthy weight, and the habits of those who don't.

We've boiled this research down to five simple habits to help you take off the extra weight—and five habits to break so that you can keep it from coming back.

Plus, we've made it easy. You don't have to sit down and read The Mayo Clinic Diet cover to cover. Instead, use this step-by-step program to lose weight the same way you gained it—one day at a time. Because what works is keeping it simple!

- In Part 1—“Lose It!” is a two-week quick start for losing 6 to 10 pounds in a safe and healthy way. That's real results, real fast!
- In Part 2—“Live It!” helps you continue losing 1 to 2 pounds a week until you reach your goal. Then, learn to maintain your healthy weight for life.
- In Part 3—“All the Extra Stuff!” contains meal planners, recipes, tips on overcoming challenges and much more to help you along the way.

The Mayo Clinic Diet puts you in charge of reshaping your body and your lifestyle by adopting healthy habits and breaking unhealthy ones. This book offers a plan for a sustainable lifestyle, not just a diet. Discover better health through better weight management by following The Mayo Clinic Diet.

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