

## Staying On Top of It

### NO-COUNT CALORIE CONTROL

*Choose this plan if . . .*

*Counting calories and planning aren't your thing.*

**Average calories**

Average calorie needs per week should

**Are there day-to-day variations in calories?**

Daily calorie intake is not planned. Calories are kept down as a consequence of limited food choices.

**Do you make a meal-by-meal menu plan?**

No menu plan required; just follow your lists of allowed and off-limits foods.

**What do you include in your regular meals and snacks?**

Anything on your “allowed” list. (You choose which foods to restrict!)

**Can you have treats?**

Treats are not part of your daily plan.

**What about eating in restaurants?**

Stick with your allowed food selections, whether you're eating out or not.

**How do you handle holidays and vacations?**

Not factored into regular eating plans. If you go off your

**Is weight tracking necessary?**

Record your weight weekly as a reality check on how your

**CONSISTENT CALORIE CONTROL**

**DYNAMIC CALORIE CONTROL**

*You've been weight-challenged for years and are willing to follow a plan but want it to include treats.*

*You can't or won't give up eating out regularly.*

be the same for all eating styles.

Calorie intake changes little from day to day.

Daily calorie intake is higher on more indulgent days and lower on regular days. Highs and lows balance out to make a good average during each week.

You design an individual menu that's enjoyable and practical to follow.

You can keep track of calorie intake with a web program or personal digital assistant (PDA); a personally designed menu can help get you started.

Regular meals and snacks provide your average daily calorie requirements. These meals and snacks emphasize mostly "I" Diet foods and other natural food choices.

Regular meals and snacks have fewer calories than your average requirement and emphasize mostly "I" Diet foods.

Plan ahead to include daily free-choice foods in your regular meals. Don't eat casually.

Treats are fine on days when you eat out.

If you eat out, carefully count calories.

You may eat out on a regular basis. Some of your restaurant meals may have more calories than you need, so it's important to eat less at other times.

plan, use Stage II menus to recover: one day for each "small splurge"; two for bigger splurges.

balance act is doing. Food plans and allowed variety can be revised until weight is stable.