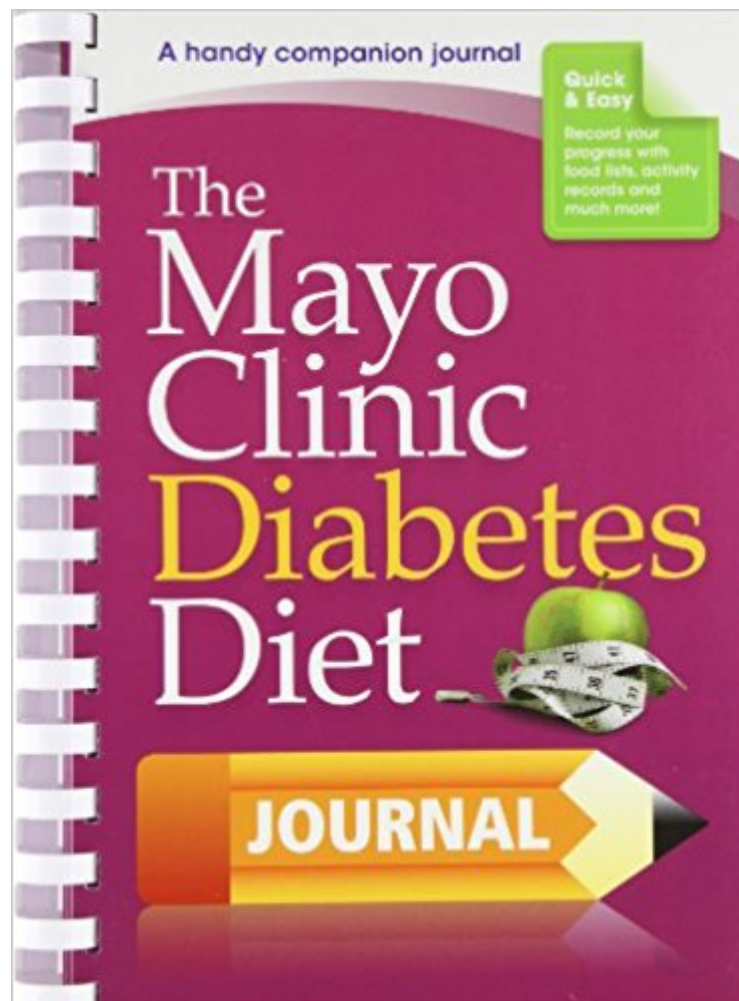




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The Mayo Clinic Diabetes Diet Journal: A Handy Companion Journal



Synopsis

The essential companion to The Mayo Clinic Diabetes Diet, this journal will making losing weight just a little bit easier. Full of weight-loss tips, this journal is the perfect place to track what you've eaten, how you've exercised, and the amount of your weight loss. The Mayo Clinic Diabetes Diet Journal is the essential companion to The Mayo Clinic Diabetes Diet. The Mayo Clinic Diet Journal includes: The Lose It! quick-start section, which helps you keep track as you add 5 habits, break 5 habits, and adopt 5 bonus habits. The Live It! section, which makes losing weight easier as you follow the Mayo Clinic Healthy Weight Pyramid, record your activity each day, and keep track of your goals. Also included in this handy Journal are forms to create a weekly shopping list, menus, and places for notes to yourself. Each section includes space for you to reflect on your week, as well as to record your weight loss. Losing weight with The Mayo Clinic Diabetes Diet just got a little bit easier with help from The Mayo Clinic Diabetes Diet Journal.

Book Information

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Customer Reviews

Mayo Clinic is the first and largest integrated, not-for-profit group practice in the world. Doctors from every medical specialty work together to care for patients, joined by common systems and a philosophy that the needs of the patient come first. Over 3,600 physicians and scientists and 50,000 allied staff work at Mayo, which has sites in Rochester, Minn.; Jacksonville, Fla.; and Scottsdale/Phoenix, Ariz. Collectively, Mayo Clinic treats more than 500,000 patients a year. For more than 100 years, millions of people from all walks of life have found answers at Mayo

Clinic. Mayo Clinic works with many insurance companies, does not require a physician referral in most cases and is an in-network provider for millions of people.

Loving this book! Newly diagnosed diabetic and still so much to learn. This book has been the best of all five books I got. Explains more things about Diabetes, and I hope to loose weight using this book.

I'm not overweight, but after having gestational diabetes during my pregnancies, I felt it was time to get back on track with eating healthy now that my baby is a little bigger and I have more time (ha!) to worry about myself. This book is dedicated to weight loss, so I have to kind of alter some of the tips, but for the most part it makes eating healthy really easy. When I was pregnant, I was constantly counting carbs and logging information, but this book makes eating healthy very easy. Once you memorize the portion sizes for each food pyramid section and figure out your caloric intake, you can just break it down easily into meals (1 carb portion here, 1 protein/dairy portion there, etc). No counting calories! It's really easy. And honestly, you really get used to eating only whole grain carbs. They tend to fill you up more! One thing that I do a little differently is include one more portion of dairy/protein into my day than suggested (lean chicken, piece of cheese, etc). I feel the protein/dairy portions are important for muscle and bones...

Together with "The Mayo Clinic Diabetes Diet". you have the perfect personal trainer, teacher, counselor, diet expert... Most important, this journal lets your get to know your weaknesses, strengths, gives you time and space to accomplish your goals, teaches how to read labels and helps you be on track with your progress. It is like having a friend by your side looking at your ups and downs, helping you to get rid of old habits and acquiring healthier ones. With the help of this handy and easy to carry journal I lost 18 pounds in two weeks and counting...In a few words, indeed, a real good purchase!

I found that the space to write food was not sufficient. Especially when creating your own recipes.

• The Mayo Clinic Diabetes Diet Journal • provides motivation, helps the dieter set goals, in an easy to use journal format. The eight week program is designed to establish making healthy weight a lifetime commitment. In the wrap up the authors provide strategies to help in this commitment. I found the motivational tips especially helpful. An easy to follow introduction begins

with help to establish an realizable goal for the day. The planner gives steps to organize your meal plans, exercises, and guidance for an effective weight program. Persistence for the two month program has proven effective. Note remember this journal is designed to accompany The Mayo Clinic Diabetes Diet.

Although the diet itself is a good diet I found the whole "psychology" around it to be boring and annoying. If you don't mind skipping around to get to the diet details the book is OK.

This gives me a lot of information I can use, and it from a reputable source. Worth the money.

this is basically a cut and paste from their diet, which has unlimited fruits and veggies , and the ada guidelines. So, what's the diabetic going to do with the unlimited fruits and veggies: Just as your doctor. I was extremely disappointed

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