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Jenny Craig Diet

The Jenny Craig Diet was designed by the dietitians at Jenny Craig to help individuals lose weight by restricting calories, fat, and portion size. The program may be followed either at home or in-center. Dieters who choose the first option are given weekly phone consultations, while the in-center option provides in-person motivation and support at any of Jenny's 500 locations.

Upon signing up for the diet, Jenny Craig provides you with prepackaged meals in strict portion sizes. These meals are low in sodium, cholesterol, sugar, and saturated fat. They incorporate vegetables, whole grains, reduced-fat milk products, healthy fats, lean meats, poultry, fish, beans, eggs, and nuts.

No foods are forbidden on this plan. In fact, occasional splurges are built in. However, moderation is key. The program addresses more than just *what* to eat – it also covers portion control, behavioral attitudes toward food, emotional issues, and how to gain more energy through simple exercises.

Menu items include Jenny's Florentine Breakfast Pizzas, chicken teriyaki with vegetables and brown rice, white cheddar popcorn, beef chili with beans, and pumpkin spice cakes.

Foods to include:

- n/a

Foods to avoid:

- n/a

Pros:

- Prepackaged foods make it easy to control portion size
- Plans are individualized to meet specific needs
- One-on-one counseling helps dieters stay on track
- Food may be ordered online
- Encourages gradual, healthy weight loss
- Considers primary food

Cons:

- Does not accommodate most food allergies
- May be difficult to stick to in social situations
- May be difficult to maintain weight loss after transitioning back to "normal" foods
- Food is not whole and/or organic
- Portions are small

Sources:

How it Works-Details www.jennycraig.com [_ \(http://www.jennycraig.com\)](http://www.jennycraig.com)

The Jenny Craig Weight Loss Program www.webmd.com [_ \(http://www.webmd.com\)](http://www.webmd.com)