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Mayo Clinic Diet

The Mayo Clinic diet, based on research and clinical experience, is focused on achieving optimal health and maintaining a healthy weight long-term. The goal is to find an individualized system that's easy to sustain by implementing realistic, sustainable daily practices. The Mayo Clinic Healthy Weight Pyramid serves as a guide for making healthy food choices and incorporating exercise.

The diet provides the tools to adopt a healthy lifestyle and eating habits in two phases:

Phase One - Lose It!

A two-week phase that emphasizes the formation of beneficial habits while breaking unhealthy ones. During this phase, 30 minutes of exercise each day is strongly encouraged. The creators claim that 6-10 pounds may be lost in the Lose It! phase.

Phase Two - Live It!

This phase teaches dieters how to permanently maintain their goal weight. The aim is to develop healthy eating patterns by learning about proper food choices, portion control, menu planning, and calorie counting. During this phase, it's essential to continue the healthy habits that were adopted in the Lose It! phase, including daily exercise.

The Mayo Clinic diet requires nutrient-rich foods with a low caloric density. This includes fruits, vegetables, whole grains, lean protein, low-fat dairy, and unsaturated fats. Although the diet does not completely exclude any type of food, the habits adopted in the Lose It! phase should dictate the foods that are necessary to achieve optimal health.

Foods to include:

- Fruits and vegetables
- Whole grains
- Lean protein
- Low-fat dairy
- Unsaturated fats

Foods to avoid:

- Processed foods
- Refined grains
- Refined sugar
- Full-fat proteins
- Full-fat dairy
- Saturated fats

Pros:

- May initiate and maintain weight loss
- Encourages whole foods
- Acknowledges bio-individuality to some extent

Cons:

- Some may require a more specific system to see results
- Some thrive on high-quality fats
- Not suitable for those allergic to dairy
- Does not exclude any foods, such as processed foods

Sources:

The Mayo Clinic Diet www.mayoclinic.com [_ \(http://www.mayoclinic.com\)_](http://www.mayoclinic.com)
Mayo Clinic Diet <http://health.usnews.com/> [_ \(http://health.usnews.com/\)](http://health.usnews.com/)