

RMO DIET RECOMMENDATIONS

***Initially discuss with your physician ideal BMI weight with risks and ideas on weight changes.**

Phase One: **Common Sense**

- **Exercise** 150 minutes per week-water aerobics helps avoid joint damage. Moderate activity such as brisk walking or biking is also acceptable. If the joints hurt go to water aerobics for awhile.
- **Eliminate** all sweets such as candy, cookies, sodas, pastries, etc.-mainly all highly refined sugars and carbohydrates
- **Eat** multiple **small** meals (an apple, etc.) per day with **fewer** calories consumed per day.
- **Employ** the Buddy plan-find someone else desiring to lose weight to encourage you to lose and maintain your goal weight loss
 - **Eventually** the weight will decrease. Initially you may gain weight because muscles retain water.

Water load increases with exercise, so your waistline may decrease before the scale indicates a decrease.

Phase Two: **Balancing**

- **Start** phase 2 when phase 1 plateaus or levels off-essentially when you notice you are not losing more

weight or begin to gain weight.

- Balance the diet with 25-30% fat, which needs to be about 10% saturated and 25-35% carbohydrates such as potatoes, breads, rice, pasta, etc..
- Limit yourself to 35-40% protein such as chicken or fish if cholesterol is a concern.

This will change if you have medical conditions such as diabetes, heart disease, renal compromise, liver problems, etc.

Speak with your physician to adapt the diet to your need and existing conditions.

Phase Three: **Counting time**

- Use this phase if and when the weight loss does not continue downward.
- Initially keep a diary of everything you take in including even one peanut, keep this for

one month, then sum the total of calories as fat, carbohydrates, cholesterol, etc..

- Next obtain information on each consumed including brand name-the library is a good source for this data
- Analyze your intake. Begin balancing the diet and cutting 10% to start losing weight.
- If you do not lose weight or after losing some weight you plateau, then cut back another 10% until you plateau again and continue the process until you reach your desired weight goal.

If unsuccessful you may need to see your physician to set up a workable food pyramid for life.

Recommended Lifestyle Changes:

- **Set an obtainable goal** such as 10-30 pounds of weight loss over a set time. Once you accomplish this then re-evaluate and set a new goal that is obtainable and not appearing impossible and discouraging.
- **Establish** a weight loss goal of 3-5 pounds per month. Less will not accomplish the task but will discourage. More may cause rebound producing weight gain on the diet and weighing more rather than less in the end.
- **Daily Fiber:** More than 12 grams for every 1000 calories
- **Food Suggestions:** Salads, Vegetables, Fruits, Whole grains, Fish high in omega-3-fatty acids, Legumes, lean meat (preferably non-beef).
- **Avoid** highly refined sugars and carbohydrates.

Some people have a lower metabolism and do not lose weight as easily as others.

If you find yourself in this situation more exercise will be required.

Discuss with your physician for more information.