

Mayo Clinic Minute

The Mayo Clinic Diet's new tools

VIDEO	AUDIO
	The new edition of <i>The Mayo Clinic Diet</i> is an updated playbook for a healthy lifestyle.
Dr. Donald Hensrud	People wanted more menus. So we have weeks of menus in there.
	There's also a new way to look at how to fill your plate and place setting ...
	... and guides for building better salads and entrees.
Dr. Donald Hensrud	When we designed <i>The Mayo Clinic Diet</i> , we designed it for the long haul.
	Dr. Donald Hensrud is medical editor of <i>The Mayo Clinic Diet</i> . He says the new edition builds on the success of the original book and begins with the Lose It! plan.
Title: DONALD HENSRUD, M.D. MEDICAL EDITOR <i>The Mayo Clinic Diet</i>	It's a two-week phase where people can expect to lose six to 10 pounds, by adding five habits, breaking five habits and adopting five bonus habits.
	Next is the Live It! phase of the book – designed to help shed an additional one to two pounds a week and solidify habits that create an ongoing healthy lifestyle.
Dr. Donald Hensrud	It's practical, effective, enjoyable, and it's sustainable.
Dr. Donald Hensrud	And we made it even a better program, so people can better manage their weight and improve their health.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.