



The Mayo Clinic Diabetes Diet

the weight-loss experts at Mayo Clinic

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From Mayo Clinic, a leading authority in health and nutrition, comes The Mayo Clinic Diabetes Diet, adapted for people with pre-diabetes and type 2 diabetes from the #1 New York Times bestseller, The Mayo Clinic Diet. This reliable plan is what you need to lose weight to help you control your blood sugar.

The medical specialists at Mayo Clinic have created The Mayo Clinic Diabetes Diet as a two-phase plan to help at-risk people prevent and control diabetes by losing weight quickly and safely, and then maintaining that weight loss.

Health and weight management can seem overwhelming, and even frightening, to the more than 23 million Americans who suffer from type 2 diabetes, as well as the 79 million pre-diabetic adults. The Mayo Clinic Diabetes Diet presents two easy-to-follow phases that work—Lose It! and Live It! The diet is based on principles of The Mayo Clinic Diet, which is designed to help people safely lose 6-10 pounds in two weeks and then continue to lose weight until they achieve a healthy weight they can maintain for a lifetime.

The Lose It! phase of The Mayo Clinic Diabetes Diet is a simple, straight-forward, two-week plan that encourages quick but safe weight loss that can help lower blood sugar. The Live It! phase of the diet offers basic and manageable steps and lifestyle changes and choices that are designed to help participants lose one to two pounds a week until a healthy weight is reached, and then keep the pounds off.

Mayo Clinic's weight-loss and nutrition experts have packed this book with meal plans, practical solutions, and specific tips on how to improve health and lose weight safely. The Mayo Clinic Diabetes Diet tackles all the familiar obstacles that get in the way of weight loss—dislike of exercise, distaste of healthy food, too little time to cook well, a too hectic schedule, struggles with cravings, and minimal support from family and friends. It is a reliable and safe companion for losing weight and controlling diabetes, beginning immediately and into the future.

“This diabetes diet isn't a fad; it's about changing your habits for the better,” states Donald Hensrud, M.D., Mayo Clinic specialist in nutrition and internal medicine and medical editor-in-chief. “With The Mayo Clinic Diabetes Diet, people can truly manage diabetes, eat well, lose weight and enjoy life.”

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