

THIS DEMO HAS BEEN AMPUTATED OF 90% OF ITS MATERIAL

DIET BY MD
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PRODUCED BY A SPECIALIST IN INTERNAL MEDICINE

THIS DIET MENU PROGRAM HAS BEEN PREPARED FOR :

AA
BB
CC
DD
EE

SEX [1-MALE] [2-FEMALE]	MALE
AGE	45
HEIGHT [INCHES]	72
WEIGHT [POUNDS]	200
STRUCTURE	SMALL
ACTIVITY	LIGHT
DAYS TO REACH IDEAL WEIGHT	100
DAYS FOR MENU [7-14]	14
HEART RATE	76
EXERCISE/DAY (MINUTES)	23

WT IN KG= 90.91 HEIGHT IN METERS= 1.8
PRESENT BMI = 28.05
YOUR IDEAL BMI SHOULD BE BETWEEN 22 AND 24

FOR A BMI OF 22 IDEAL WEIGHT = 71.28 KGS/ 157 PDS OR LOSE 19 KG/ 41 PDS
FOR A BMI OF 24 IDEAL WEIGHT = 77.76 KGS/ 171 PDS OR LOSE 13 KG/ 28 PDS

YOUR DAILY MENU SHOULD CONTAIN 1400 CALORIES
TO REACH A BMI OF 22 YOU WILL NEED 261 DAYS

YOUR WEIGHT IS 90.91 KG YOUR HEIGHT IS 72.00 METERS YOUR BMI IS 28.05
YOUR TIME REQUIRED WILL BE 261 DAYS
YOUR BODY MASS INDEX (BMI) = 28.05 IT SHOULD BE 22

YOUR MENU SHOULD BE THE FOLLOWING

1400 CALORIES DISTRIBUTED AS:
159 GRAMS OF CARBOHYDRATES
80 GRAMS OF PROTEINS
49 GRAMS OF LIPIDS

You may have muscular deficiency of 6.33 kilos 13.93 pounds.
In order to rebuild that essential musculature you must practice
daily exercises to rebuild your muscles during the next 261 days:
----- ETC.....

OPTIMAL HEART RATE WHILE DOING CARDIO-VASCULAR EXERCISES

VERY MAXIMUM HEART RATE	175
LIGHT INTENSITY EXERCISE HEART RATE SHOULD BE	105
HIGH INTENSITY EXERCISE HEART RATE SHOULD BE	131
KAVORNEN FORMULA (LOWER LIMIT) HEART RATE	135
KAVORNEN FORMULA (UPPER LIMIT) HEART RATE	150

PRACTICE ANY OF THE FOLLOWING ACTIVITIES FOR 23 MINUTES DAILY
AND SEE HOW MANY CALORIES YOU WILL BURN DAILY AND KGS OR PDS LOST PER MONTH

EXERCISE	CALORIES BURNED	WT (KG)	WT (PD)
1 -Canoeing 2.5 MPH (4Km/hr)	57.5	.22	.48
2 -Horse riding at a walk	57.5	.22	.48
3 -Walking 2 MPH (3.2 Km/hr)	62.1	.24	.52
4 -Walking 2.5 MPH (3.2 Km/hr)	66.70001	.25	.55
23 -Weight lifting	161	.62	1.36
24 -Hockey	172.5	.66	1.45
25 -Football	172.5	.66	1.45
38 -Walking in loose snow	345	1.33	2.92
39 -Skiing uphill at max speed	345	1.33	2.92
40 -Swimming hard underwater	345	1.33	2.92
41 -Bicycle racing	345	1.33	2.92
-----ETC...			

IMPORTANT NOTES:

It is a challenge to establish a sample of menus that will match your needs perfectly.

On one hand, we do not propose that you spend 2 hours preparing each meal and we certainly don't want to force you to buy a large variety of foods at high prices. Some of you may have small families and the dietetic needs of each member of the family may be different.

So we have chosen to deal with standard foods and easy preparations that can be put together rapidly.

OUR RECOMMENDATIONS:

- * We encourage you to read the whole text before you start your program.
- * This is not a 14, 28 or 42 day program; it is designed to be a system that can maintain your ideal weight over the long run.
- * Try to eat 8 or 10 portions of fruit or vegetable daily.
- * Always remember that ONE PORTION OF = 2 OUNCES.
- * Diet fads come and go by the hundreds.
- * To reach your ideal weight, you must reduce your total caloric intake and increase your exercises. THERE IS NO MAGIC SOLUTION.

ETC.....ETC.....

AVOID TRANS FATTY ACIDS / AVOID SATURATED FATS
GO FOR UNSATURATED FATS:

OLEIC ACIDS FOUND INOLIVE OIL
LINOLENIC ACIDFISH OIL
ARACHIDONIC ACID.....NUTS

IN THE MEAL PLAN "ONE PORTION OF" = "2 OUNCES OF"

ONE SLICE OF BREAD MAY BE:

1/2 cup cooked cereal
3/4 cup prepared unsweetened cereal (flaked, puffed or shredded)
1/3 cup cooked rice or tapioca
1 level tablespoon jam, marmalade or jelly
3 level teaspoons sugar

----ETC...ETC...

ONE SLICE OF BREAD MAY BE ONE OF THE FOLLOWING:

1 medium apple
1 large pear

----ETC....ETC....

ONE TEASPOON OF BUTTER MAY BE SUBSTITUTED FOR:

1 tablespoon cream cheese
1/2 commercial slice processed cheese
1 portion of any other cheese (1 cubic inch)
1 tablespoon French Dressing
1 level teaspoon mayonnaise or oil dressing

-----ETC...ETC...

ONE SERVING OF MEAT, FISH OR POULTRY MAY BE SUBSTITUTED FOR:

2 slices (2 ounces) skim milk cheese and 1 egg
3 slices (3 ounces) skim milk processed cheese
1/2 cup cottage cheese and 1 egg

-----ETC...ETC...

THERE IS MORE TO OBESITY THAN COSMETICS

OBESITY MAY CONTRIBUTE TO AGGRAVATE SOME PRE EXISTING DISEASES:

- 1-Coronary artery disease (angina, myocardial infarction).
 - 2-Hypertension (high blood pressure)
 - 3-Stroke (cerebro vascular accident, paralysis).
 - 4-Osteoarthritis.
 - 5-Altered homeostasis(chances of phlebitis, pulmonary embolism).
 - 6-Respiratory diseases (reduced lung functions)
and even sleep apnea)
- ETC...ETC...

9-Dyslipidemia:

- Hypertriglyceridemia
- Reduced high density lipoproteins (HDL)
- Increased low density lipoproteins (LDL)
- Increased amount of small high density lipoproteins

---ETC...ETC...

12-Psychological changes:

- Faulty body image, loss of self esteem
- Depressive reaction, chronic anxiety

13-Social impact:

- Job discrimination

Difficulty in dealing with people

Sexual dysfunction

You may become a total social outcast.

TO BE SUCCESSFUL IN YOUR PROGRAM YOU NEED:

1-RELATIONSHIP TECHNIQUES

2-LIFESTYLE TECHNIQUES

3-ATTITUDE TECHNIQUES

----ETC...ETC....

LIFESTYLE TECHNIQUES

1. WEIGH yourself regularly at the same time of day.
2. KEEP a graph of your weight.
3. KEEP a diet diary, writing down every food that goes into your mouth.
4. While you eat, DO NOT do anything else; DO NOT associate fun or pleasant activities with the act of eating.

----ETC...ETC...

ATTITUDE TECHNIQUES

1. SET realistic goals.
2. REALIZE how important diet is to improving your body shape and your life span.
3. Always KEEP in mind that you are losing weight for major goals; IT IS IMPORTANT.

----ETC...ETC...

12. CHANGING your attitudes towards food is critical to the success of your diet.
CONSIDER your diet as a guide that will help you change your behaviour and adopt a more healthy lifestyle.

THE FOLLOWING HAS BEEN PREPARED FOR AA

DAY 1

GOOD MORNING AA

BREAKFAST

One orange
2 slice(s) of bread and one portion of

Half a portion of butter or equivalent
One fruit with tea or coffee
One half glass of milk or equivalent

LUNCH

Apple juice
2 slice(s) of bread and one portion of

YOU MAY HAVE ONE PORTION OF:
-----and broccoli
Half a portion of butter or equivalent
One fruit with tea or coffee
One half glass of milk or equivalent

SNACK

One slice of bread or equivalent

DINNER

Chicken broth
2 slice(s) of bread and one portion of
Broiled chicken

YOU MAY HAVE ONE PORTION OF:
-----and green peas
Half a portion of butter or equivalent
One fruit with tea or coffee
One half glass of milk or equivalent

SNACK

One slice of bread or equivalent