

10 Important Rules

1. Eat 5-6 times per day.
2. Eat only at planned meal times, NO grazing.
3. Eat only good quality foods, protein first.
4. Eat slowly, CHEW.
20-30 minutes per meal
5. Keep portion sizes small, 1 cup max.
6. Stop eating when you are no longer hungry.
7. NO beverages while eating.
8. Drink 64 FO fluids/day (low cal, no cal) in between meals.
9. At least 30 min/day of physical activity.
10. Take chewable multivitamin/mineral supplements daily.

