



Jump Start to Recovery

1. Do not (ever) go on a “Diet”.

Diets are notorious for being unsuccessful. You go “on” a diet, so you naturally go “off” the diet. Dieters usually lose weight, but most often they gain back what they lost, and more.

2. Plan how many times to eat each day, for example 3 meals and one snack.

Meals and snacks should be planned according to your personal schedule. If time between meals usually leaves you too hungry, plan a snack in between.

3. Start developing a flexible, reasonable food plan.

Have a general food plan with appropriate portions of carbohydrates, protein, and fat in meals. Plan each meal before you eat. It can even be in the few minutes before you eat, as in a restaurant. It may take time to learn to do this in an effective and satisfying manner. “Plan what you eat, and eat what you plan.”

4. Avoid foods that you know you have trouble eating moderately, like high sugar or high fat foods.

For now, leave out deep-fried foods, high-fat, high-sugar foods like cookies, cakes, etc., as well as specific foods that you are inclined to binge on.

5. Find someone to share your daily recovery experiences with, struggles, frustrations, and successes.

Support for your recovery is important, even if just one person. Also, talking about what you eat helps keep you honest.

6. Weigh yourself no more than once a month.

There is **nothing** the scales can tell you that is helpful to your recovery. The way you feel and how your clothes fit will give you better feedback than daily scale readings.

Today is the first day of the rest of your recovery