

K04 Mayo Clinic Diet

January 2010

Intro: You may have heard of the so-called Mayo Clinic Diet. For years people have been trying to associate Mayo Clinic with various fad diets. One year it was grapefruit; another year, bacon and eggs and even cabbage soup. The truth is, Mayo Clinic has never been associated with a dietary program. Until now.

Video

Total running time 1:51

**Donald Hensrud, M.D.
Mayo Clinic**

Donald Hensrud, M.D.

Audio

“I FELT WE WERE OUT OF CONTROL. I DIDN'T FEEL WELL AND I REALIZED WE WERE GETTING PRETTY HEAVY.”

AND WITH THAT CAME HEALTH ISSUES. HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL. IT WAS TIME TO MAKE A CHANGE SO JENNIFER AND DONALD NOSBISCH SIGNED UP FOR MAYO CLINIC'S NEW DIET PROGRAM.

“IT'S THE HEALTHIEST WAY TO LOSE WEIGHT QUICKLY THERE IS.” DR. DONALD HENSRUD IS THE EDITOR-IN-CHIEF OF THE MAYO CLINIC DIET BOOK.

“THE MAYO CLINIC DIET CONSISTS

Mayo Clinic

Graphics:

Healthy Habits

Eat breakfast

Fruits and vegetables

Whole grains

Healthy fats

Get moving

Bad Habits

No TV while eating

No sugar

No snack except fruits and veggies

Moderate meat

No restaurants

OF TWO PHASES. THE LOSE IT PHASE IS TWO WEEKS LONG AND PEOPLE MAKE QUICK CHANGE IN THEIR HABITS.”

THERE’S NO COUNTING CALORIES OR CARBS. WHAT YOU DO IS ADOPT 5 HEALTHY HABITS AND BREAK FIVE BAD ONES: THE HEALTHY HABITS ARE: EAT A GOOD BREAKFAST, EAT FRUITS AND VEGETABLES, EAT WHOLE GRAINS, EAT HEALTHY FATS LIKE OLIVE OIL AND NUTS, AND GET MOVING WITH SOME DAILY EXERCISE. THE HABITS TO BREAK ARE: NO TV WHILE EATING, NO SUGAR EXCEPT WHAT’S NATURALLY IN FRUIT, NO SNACK EXCEPT FRUITS AND VEGGIES, EAT MODERATE AMOUNTS OF LEAN MEATS, AND NO EATING AT RESTAURANTS UNLESS IT FITS THE PLAN

Donald Nosbisch

“IN THE FIRST TWO WEEKS WE BOTH LOST OVER 9 POUNDS.”

Jennifer Nosbisch

“ONCE YOU SAW THE FIRST NINE GO, IT WAS LIKE, WE CAN DO THIS.”

JENNIFER AND DONALD ARE NOW ON TO PHASE TWO – THE LIVE IT PLAN, WHICH IS ALSO BASED ON

THOSE HABITS. SHE’S LOST 50 POUNDS, DONALD’S LOST 30 AND THEY’VE KEPT IT OFF FOR OVER

SIX MONTHS. NOW, YOU MIGHT WONDER IF THEY FELT HUNGRY

ON THIS PLAN. THE ANSWER IS, NOT REALLY. AND HERE’S WHY:

THE CALORIES IN THIS DONUT EQUAL ABOUT 6 HEADS OF

LETTUCE. ONE BROWNIE THIS SIZE EQUALS 4 APPLES.

“THERE’S ENOUGH EXPERIENCE HERE AT MAYO AND ENOUGH RESEARCH HAS BEEN DONE THAT WE FEEL COMFORTABLE PUTTING OUR NAME ON THIS DIETARY

**Standup
Vivien Williams
Reporting**

**Donald Hensrud, M.D.
Mayo Clinic**

PROGRAM.”

A PROGRAM THAT CONTINUES TO

WORK FOR JENNIFER AND

DONALD.

FOR MEDICAL EDGE, I’M VIVIEN

WILLIAMS.

Anchor tag:

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