



February, 2003

Bigger Isn't Always Better

The Department of Health and Human Services and the USDA issued their "Dietary Guidelines for Americans 2005", encouraging Americans to adopt balanced eating patterns and increase physical exercise. Some have said that the much of the new information is just common sense, but many of the recommendations seem overwhelming in their detail. Will Americans be willing to conduct endless calculations of calories, percentages of calories, grams, and milligrams? Fortunately, Medical Weight Loss Clinic has already done that for you!

Medical Weight Loss Clinics have been helping Michigan residents lose weight by teaching them to eat a balanced diet of nutrient-dense foods. Our programs use regular grocery store foods and have always been designed to restrict intake of fat, sodium and sugar, while encouraging fiber rich whole grains, fruits and vegetables. Our food plans are easy to follow and don't require a calculator. Our patients not only learn how to lose weight eating a balanced diet, but how to keep it off with our stabilization and lifetime maintenance.

1.800.GET.SLIM