

healthy you

WEIGHT LOSS

Pennsylvania State University who put this diet on the map.

STRENGTHS Inexpensive. To learn how to use this diet, you really only need to buy a book. ■ You can tailor meals, at home or in a restaurant, to suit your needs. ■ As with Pritikin, which was the pioneer of many of the principles of energy density, you're never hungry on this plan because of the amount of food.

WEAKNESSES This is a go-it-alone approach. You have to be self-motivated to adhere to a program such as this. ■ Little advice on how to create an exercise program.

DIETITIAN/TRAINER

For those who want a highly individualized approach to weight loss, it's hard to beat the tag team of a registered dietitian and a certified personal trainer. One will help you examine your whole relationship to food and design an eating plan to match. The other will do the same for physical activity. To find a dietitian in your area who specializes in weight management, go to eatright.org, the home of the American Dietetic Association. To find a nearby trainer, go to the Web site of the American Council on Exercise, acefitness.org.

STRENGTHS You're accountable to two professionals who will be helping you along the way. ■ You learn to use real supermarket foods instead of supplied foods.

WEAKNESSES Expensive. The cost of private consultations varies, but expect to pay about \$150 for an initial session with a dietitian and a little less than that for a trainer. The ongoing costs make it easy to spend over \$500 a month on this approach, although some people manage to do it for less by finding a dietitian who is also certified as a trainer.

JENNY CRAIG

If Weight Watchers is the matriarch of weight loss, Jenny Craig, jennycraig.com, is its little sister, having been around for over 25 years. Its backbone is built around Jenny Cuisine, the company's branded line of premade breakfast, lunch, and dinner meals, and snacks. You add your own fresh produce and dairy products to the supplied foods.

STRENGTHS Healthy diet based on Volumetrics philosophy and the federal government's Dietary Guidelines for Americans. ■ Regular consultations and support.

■ Personalized menus. ■ Portion-controlled, premade foods take the guesswork out of what you should be eating.

WEAKNESSES Expensive. The food can cost around \$20 per day, a sum that doesn't include the initial enrollment fee.

■ Not particularly convenient for family situations because you eat your own separate meals. ■ Premade meals are convenient but don't teach healthy grocery shopping and cooking. ■ Consultants aren't necessarily health professionals.

WHAT Dietitian/trainer

WHO Kim Kyle, age 49

Losing weight was never a problem for Kim Kyle, of Virginia Beach, Virginia. Keeping it off was. When she worked with Jim White, a registered dietitian and fitness trainer, she finally learned how to keep off 25 pounds permanently. Because Kim and her neighbors frequently party together, her calorie budget is constantly strained. Wine, for instance, is a weakness. So White suggested she occasionally replace her favorite wine with one she doesn't like quite as well, which has her sipping less. She also opts for wine spritzers, which contain about half the calories. High-fiber, whole-wheat products satisfy a love of carbs without adding to her waistline. Kim also combines strength training with cardio. "I'm always trying to find something interesting and fun," she says.



WHAT Jenny Craig

WHO Yvonne Hill, age 45

Even though she was exercising, Yvonne Hill knew she wasn't eating well. "I could run two miles a day and gain weight," she says. It didn't help that she would skip meals, then wolf down an entire pizza after her run. "I felt frumpy, dumpy, and unattractive. I needed to be able to talk one-on-one with somebody who would tell me, 'Right now you will eat this.'" The clear-cut approach of Jenny Craig meals worked for her, helping her shed 42 pounds over two years, a weight loss she has maintained for four years. She now prepares nearly all of her own meals but keeps a few Jenny Craig meals stashed in the house for emergencies.

