

Chapter 2

The Core Of The Score

(ALL THE IMPORTANT STUFF IS IN THIS CHAPTER)

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Your goal: lose weight. Your solution: the Daily Diet Score.

In this chapter we're not going to deal with any boring details. We're going to get right down to it. Right here, right now, I'm going to give you all of the essential components of the Daily Diet Score. Stripped down to the minimum, no theories, no preaching, no fluff.

If you read this chapter alone, you will learn how to use the score. If I could do this with pictures and no words, but still have people get the message, then I'd do that. (Believe me, I'm trying.) But for now you'll have to read at least one chapter...sorry.

Here we go.

I'm going to give you a list of 15 questions. This list is the actual Daily Diet Score. Sometimes I'll call it the "Score," or the "DDS". Each question in this list will ask you if you have been doing a specific something. Taken together, these 15 specific somethings will tell you exactly what you need to do on a daily basis in order to lose weight. The more of these specific somethings you do every day, the more weight you will lose. That's all there is to it.

Now, you're just about done with the most important Chapter...except for the list of questions. So, here is the Daily Diet Score:

Today, did I:

1. *Use the Daily Diet Score?*
2. *Weigh myself?*
3. *Eat three meals, including breakfast?*
4. *Halve my portions at lunch or dinner?*
5. *Not stuff myself at other meals?*
6. *Eat two servings each of fruits and vegetables?*

7. *Eat 1-3 servings of whole grains and one serving of nuts?*
8. *Take at least 20 minutes to eat each meal?*
9. *Exercise for 30 minutes or longer?*
10. *Take the stairs and/or walk whenever possible?*
11. *Avoid fast food, fried food, and empty snacking?*
12. *Avoid consuming more than one alcoholic drink?*
13. *Avoid eating after dinner/before bedtime?*
14. *Experience hunger before bedtime?*
15. *Speak with my confessor? [see below]*

Of course, the Daily Diet Score wouldn't live up to its name if there wasn't a scoring system. So here is how you calculate your score: award yourself one point for each yes, and zero points for each no. You then should have a score that could be as low as zero (ouch!) or as high as 15 (perfect). And shown in the Table below is what your score actually means.

Score (out of 15)	relative weight state
≥ 13	you're losing weight
10-12	you're losing weight slowly
7-9	your weight is stable
4-6	you're slowly gaining weight
≤ 3	you're gaining weight

Want to know why these questions work? Why these particular questions were chosen to be on the list? How come there aren't more (or fewer) questions? All that will be described in

subsequent chapters, along with solutions to other problems...like what you should do if you have a condition that won't let you exercise, climb stairs, and so forth.

The instructions provided by each of the questions in the Daily Diet Score are fairly self-explanatory. For example, question 8 instructs you to eat slowly, taking at least 20 minutes per meal. But what is that "confessor" in question 15? This someone is not necessarily a member of the clergy, but a confidante in whom the dieter can confess dietary triumphs and/or sins from the past day. In other words, the confessor is a close friend or relative with whom you can talk.

You're done. Now go out and play. But remember: if want to lose weight, then raise your Score.