

## The Pocket Diet: Your Answer To Portion Control

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Special to eDiets

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You've heard all the promises: Eat whatever you want and still lose weight without going hungry. It's true and it's in your pocket -- the Pocket Diet, that is. Just as with eDiets Weight Loss Plan, you can enjoy all your favorite foods, as long as you practice portion control.

[The Pocket Diet](#) works and can back it up. In a 2004 study conducted by Wisconsin's Community Memorial Hospital, 38 people on the plan lost a total of 295 pounds in just six weeks -- and kept it off. The average weight loss was 8 pounds, with one individual losing 17 pounds. Ninety days after losing the weight, most of the participants continued to stick with the plan.

The main reason for its success: The diet teaches portion control in a quick and simple manner, using pita pockets that hold 2 to 3 ounces of food at a time.

"It's not too little and not too much," observes registered dietician Caitlyn Lorenze, co-author of the book "The Pocket Diet." "It's so much easier to put your food in a pita pocket than try to visualize portions as the size of a tennis ball or tote around food scales or measuring cups."

Other advantages of the Pocket Diet:

- **Pick your plan.** Depending upon sex, physical size and level of activity, you can choose from three separate meal plans. No matter which option you select, you'll be getting 300 to 800 calories more than the typical 1,200 calorie a day regimen for women, the intake of which is "appropriate for a very small percentage of the population and then only for short-term success," adds Caitlyn.
- **Eat often and not be hungry.** Rather than three big meals, the plan is designed so you'll have several small ones during the day. Eating every 3 to 4 hours "helps control blood sugar and prevent the swings that may cause hunger and fatigue," she continues. "It also helps optimize metabolism by burning calories throughout the day." Plus it's "easier to make healthy choices when you first start getting hungry" instead of waiting until you feel starved.
- **It's flexible.** You can eat breakfast, lunch, dinner and snack options in any order you wish as long as you space them out during the day. And not every meal need involve a pita pocket. In addition to providing variety, "out of pocket" meals are a great opportunity to practice portion control.
- **Enjoy foods that fill you up.** Rather than the bland rations found in many diets, you'll be offered great-tasting and satisfying options. These include a variety of complex, high-fiber carbohydrates, lean protein, fruits and vegetables. You'll learn how to limit saturated fat and avoid simple carbohydrates like sodas, baked goods and candy. "Foods that contain fiber and have a high water content fill you up faster and with fewer calories than other foods," remarks Caitlyn. "It's a perfect balance for lifelong, healthy eating."
- **It's convenient and easy to prepare.** Pocket meals are a healthy option when in the car or on the go. You can use everyday foods that require a minimum of preparation time, so it fits into busy schedules. Kids can enjoy peanut butter-and-jelly or ham and cheese in the edible, hand-held containers, while adults can fill up with tasty stir-fry, scrambled eggs, chicken or other meats and vegetables. Recipes such as the [bacon, cheese and tomato pocket](http://www.pocketdiet.com/recipes/bacon_cheese_tomato.shtml) ([http://www.pocketdiet.com/recipes/bacon\\_cheese\\_tomato.shtml](http://www.pocketdiet.com/recipes/bacon_cheese_tomato.shtml)) are already becoming favorites.

It's simple to get started:

- Eat three meals per day using pita pockets to measure the portion size of your meals (choose almost any foods). Just make sure they fit into your pita pocket.
- Eat two snacks per day (fruit, nuts, veggies, yogurt or cottage cheese).
- Begin and maintain an ongoing fitness program of 30 to 60 minutes per day.

You can find out more by visiting the [www.pocketdiet.com website](http://www.pocketdiet.com), where you can download the diet's "Quick Start" plan and a bunch of tasty free recipes.

For the complete, convenient, and easy-to-use plan, pick up a copy of "The Pocket Diet: Perfect Portion Control That Works!" (linx 2005) It's available at all major bookstores. Rather than super-size, pocket size to be the size you want!

[Click here](#) to get your copy of *The Pocket Diet*. To visit their website, [click here](#).

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