

## The DIETS

Dateline will provide you with information about your diet and suggested menus and recipes for Atkins and South Beach, a Vegetarian diet, Oprah's diet and a hiker-in-training diet. We'll also give you related books and websites and we will provide you with a contact person at Atkins and South Beach, for a vegetarian diet and a mountain climber-in-training. The "Get With the Program" dieter will be put in touch with Bob Greene.

Dateline will not pay for or provide any food. We will cover the cost of services or travel where noted. Below is a brief summary of the diets we'd like you to choose from.

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### **The Atkins Diet: high fat, low-carbohydrate**

Concept: Carbohydrates and sugars make you gain weight by spiking insulin and hastening the conversion of glucose into fat cells. (Website: [ATKINS.com](http://ATKINS.com))

**What you can eat:** During 2 week "induction" of no more than 20 grams of carbohydrates per day that includes red meat, eggs, cheese, cream, mayo, limited green vegetables. Then the diet phases to "on-going weight-loss" and eventually "maintenance." In those phases, you'll slowly add more carbohydrates, but you'll never get much above 60 grams per day.

**What you can't eat:** fruit, bread, simple carbohydrates (sugar, white flour)

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### **The South Beach Diet**

Inspired by cardiologist Dr. Arthur Agatston, this diet emphasizes the "right" carbs and the "right" fats. Advocates say it can lower cholesterol and reverse Type II diabetes and improve overall heart health. This is not a calorie counting diet, but rather one that works to control insulin levels so the body can properly burn sugars rather than store them as fat. (Website: [SOUTHBEACHDIET.com](http://SOUTHBEACHDIET.com))

**How it works:** Phase 1 lasts 2 weeks: No bread, rice, potatoes, pasta, baked goods, fruit, candy, cake, ice cream, beer, wine or liquor. Phase two introduces certain carbs back into the diet such as fruits, whole grain breads, cereal and gradually you move to maintenance.

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### **Vegetarian Diet**

Study after study has shown that vegetarians are less likely to suffer from such illnesses as heart disease, cancer, diet-related diabetes, obesity and high blood pressure. So here it is, a diet of grains, pulses, nuts, seeds, vegetables and fruit - some vegetarians eat eggs, milk and milk products, some eat fish. Vegetarians who avoid all flesh and meat products, and eat only plant-based foods are called vegans. You should feel free to jigger this diet anyway that makes it work for you.

**What you can't eat:** meat

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### **“GET WITH THE PROGRAM” (what Oprah did)**

There must be people out there who think, “If I had what Oprah had I’d lose weight too.” Well, this is your chance. You can work with Oprah’s weight loss specialist, Bob Greene. After an initial consultation he will have you sign a “Healthy Living Contract” which will outline the conditions (exercise, food, lifestyle changes etc.) you agree to so you can reach your weight loss goal. You need to start by taking Bob’s GET WITH THE PROGRAM 12 week Basic Training course on line. You should understand that Bob believes in slow weight loss, ½ to 1 pound a week and to insure permanent weight loss he believes you should stay the course for 5 years. Bob is located in Santa Barbara, California.

\*\*Dateline will pay for expenses to travel to Bob when Dateline considers it necessary. He will remain in touch with you by phone and/or e-mail.

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### **Intense Exercise**

The idea here is for someone to try to lose weight by becoming as physically fit as possible. So we have a project in mind...we’d like you to scale Mt. Rainier (14,410’) in late September or early October. That means cardio and strength training at the very least and regular climbing (stairs, hikes etc) before then. You need to be in shape for this. In addition to the training you’ll be doing throughout the year, there is a daylong training session at the base of Rainier before you start. Then, it’s one day up and one day down. Google Rainier and see what you’re up for.

\*\*\*Dateline will pay for transportation and some expenses for the climb. In other words, flights, food, hotel etc. will be covered. We do not intend to purchase a new wardrobe of top of the line hiking clothing and gear for you. This is something we will discuss with the selected hiker, i.e. what you may have, what you need. Rental of equipment is available at Rainier and Dateline would cover that. We will also put you in touch with Rainier’s lead climbing instructor to get your training on the right track.