

Dr Laurent Layani



THE DIET PLATE

Weight Loss at John Flynn & Pindara Private Hospital
1300weightloss (1300 934 448)

The Diet Plate Weight Management System is a practical medically supervised weight management program that takes the guesswork out of portion control. Thanks to the strong emphasis on behavioural guidance, the plate is educational and simple to use.

Who Is the Diet Plate Most Suitable For?

The Diet Plate Weight Management System assists those suffering from the medical, physical, and psychosocial effects of obesity. Associated problems often include:

- Diabetes
- Hypertension
- Cardiac Problems
- Sleep Apnoea
- Certain Types of Cancer
- Joint Degeneration
- Social Isolation
- Depression
- Anxiety

Clinical trials have shown the Diet Plate can assist in the control of type 2 diabetes, weight reduction, and weight maintenance. Not only will the Diet Plate teach you how to divide your food portions appropriately, but the accompanying booklet will assist you in distinguishing protein foods from starchy carbohydrates.

The female and children's plates will provide approximately 5600Kj (1350 calories) per day; and, the male version will give approximately 6300Kj (1500 calories) per day. The system allows around 400-500 calories for lunch. Along with the Diet Plate, there is also a Calibrated Breakfast Bowl, which provides you with an 840Kj (200 calorie) serving of any cereal. This includes 125ml of reduced fat milk.

The Magic Plate for children is a healthy eating plate that has been developed for boys and girls aged 4-11. It has been cleverly designed, with no mention of dieting, and gives you the option of sharing the 'healthy-eating' secret with your child, allowing them to enjoy their meal unaware that it's being portion controlled. The manual that accompanies the plate will educate you on how to use the plate, with options for snacks and other meals, and has tips for making and maintaining healthy lifestyle changes.

Club Diet Plate

Club Diet Plate is the online slimming club you can join for extended support and advice. You can create your own portfolio to post before and after pictures, plan meals, and diary your progress whilst connecting with other Diet Plate users. You will also have access to a comprehensive eight week weight management course where you will learn to manage your weight loss goals. You can follow this course alone or with the help of a clinically trained health professional. The course covers the following major topics: understanding food groups, setting goals and positive thinking, lapses-relapses-collapses, psychology, dietary choices, alcohol, physical activity, and sustainable change.

PLEASE CALL 1300 WEIGHT LOSS (1300 934 448) FOR MORE INFORMATION