



# Your Life

■ THRIVE ■ CARE ■ NOURISH ■ SHINE

## Questions about diet and weight loss?

Ask USA TODAY nutrition blogger Dawn Jackson Blatner, author of *The Flexitarian Diet*.

She will answer them in a chat today at noon ET on [Facebook.com/USATODAYyourlife](https://www.facebook.com/USATODAYyourlife).

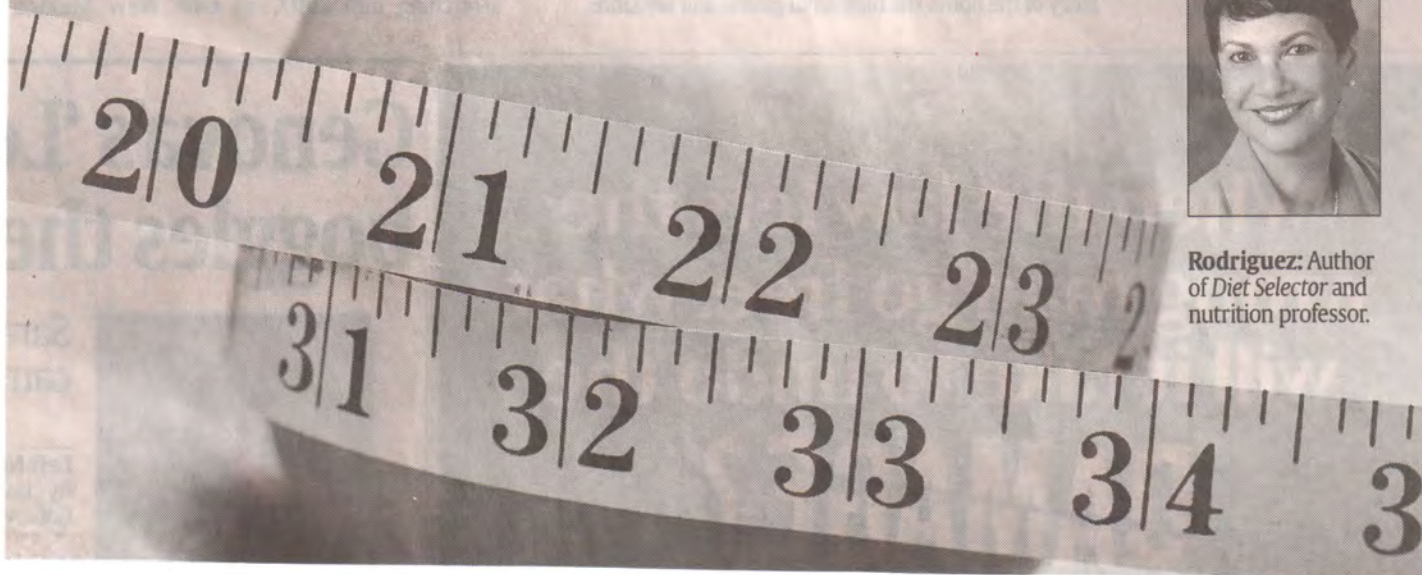


# Choose a way to peel off pounds

What's the best weight-loss plan for you? USA TODAY's **Nanci Hellmich** worked with registered dietitian Judith Rodriguez to create the quiz below to help dieters get started. Rodriguez is the author of *The Diet Selector*, president of the American Dietetic Association and a professor of nutrition at the University of North Florida.



**Rodriguez:** Author of *Diet Selector* and nutrition professor.



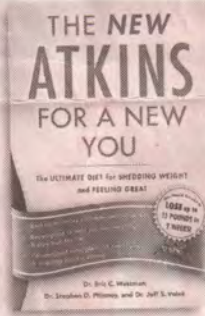
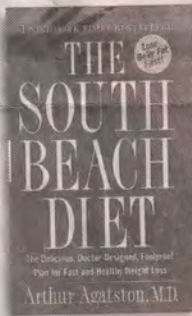
# Do you ...

## ... dislike cooking or find it difficult to prepare meals?

Then you might want to use commercially prepared meals until you can develop some quick cooking techniques. Consider Nutrisystem or the Jenny Craig program — or simply use some of the low-calorie dinners in the frozen-food section of your supermarket. You also might consider using shakes and bars made by companies such as Slim-Fast as temporary one-meal or snack supplements.

## ... want a program that provides occasional treats or wine?

A plan that offers lots of flexibility might be best for you. You could consider Weight Watchers, which has a new PointsPlus system. Or you might try the best-selling *French Women Don't Get Fat* by Mireille Guiliano or a Mediterranean diet, which is outlined in *The Complete Idiot's Guide to the Mediterranean Diet* by Kimberly Tessmer and Stephanie Green and at [oldwayspt.org/mediterraneandiet](http://oldwayspt.org/mediterraneandiet).

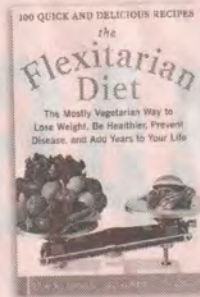


## ... enjoy fish and meat more than bread or pasta?

Consider a plan that increases protein while decreasing carbs, such as *The New Atkins for a New You* by Eric Westman and *The South Beach Diet* by Arthur Agatston.

## ... want to move toward becoming a vegetarian?

Consider *The Flexitarian Diet* by registered dietitian Dawn Jackson Blatner.



## ... want some support when losing weight?

Consider the Weight Watchers program, the Jenny Craig program or a website such as [sparkpeople.com](http://sparkpeople.com), or enlist the help of a registered dietitian in private practice. You can get information and evaluation of weight-loss plans on the American Dietetic Association's website, [eatright.org](http://eatright.org).

## ... want a quick start but need some structure?

For ideas for meal plans, food lists and tips for meals and eating out, try *Your Inner Skinny* by registered dietitian Joy Bauer.

## ... enjoy preparing and eating savory, filling soups, casseroles, stews and other one-pot dishes?

Try a plan that emphasizes meals and dishes with volume and fiber that are filling but lower in calories, such as *The Volumetrics Weight-Control Plan* by Barbara Rolls and Robert Barnett.

## NO EXCUSES USA TODAY WEIGHT-LOSS CHALLENGE

**MONDAY:**  
A USA TODAY reader tells how she gave up her excuses and lost more than 140 pounds.

**TODAY:**  
How to pick a diet program that works for you.

**WEDNESDAY:**  
How to plan a menu of tasty low-calorie recipes.

**THURSDAY:**  
A look at some extra advantages to losing weight.

For past stories and more help on losing weight, go to [dietchallenge.usatoday.com](http://dietchallenge.usatoday.com).