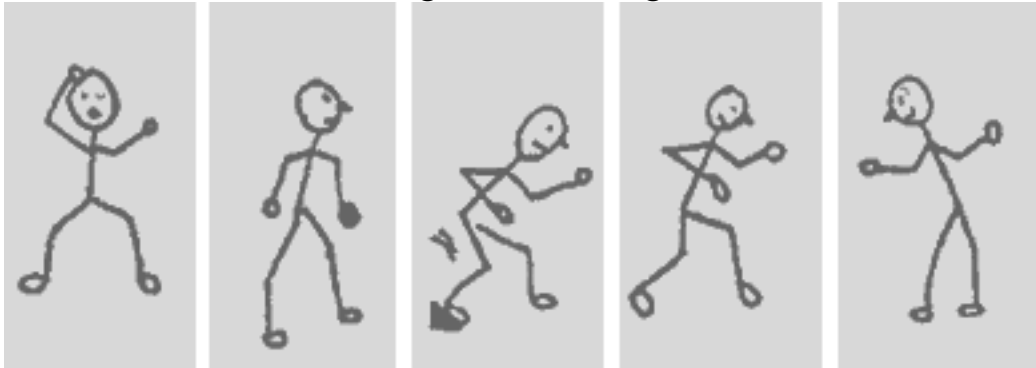


How Can I Go Back on Diet?

Stages of Change



Contemplation

Preparation

Action

Maintenance

Routine

1. **Contemplation** – Deciding to go back on diet

- Why is returning to diet important to you?
- How do you think you will change when on the diet?
- Whose idea is this, anyway?

2. **Preparation** – Getting Ready

- Get health insurance or state assistance
- Go to the PKU clinic in your area
They will help you with the “tools” you need:
the right diet, a medical food you can live with,
low protein foods and recipes
- Get support from family and friends

3. **Action** – Getting going

- Choose a day to start and just do it
- Medical food first!!
- Set small realistic goals
- Don't forget to congratulate yourself each day!

4. **Maintenance** – Keep on going

- Stick with your plan
- Monitor your progress (blood levels)
- Talk to others who are doing the same thing
- Expect ups and downs
- Get support from family and friends and your clinic
- It's hard but it's worth it; don't give up!

5. **Routine** – You are there, no turning back

- It's still not easy, but diet is just a way of life
- Stay involved in the PKU community
- Give back; help others who are trying to return to diet