

The following is a brief summary of the some of the benefits of **The Diet Plate**.

- **Scientifically calibrated** (measured) to give you an accurate portion of starchy carbohydrate and protein foods to facilitate weight loss and maintenance.
- No more guess work or painstaking weighing and counting, as it provides easy to follow visual guides to measure food portions. These might include curry, Bolognese, Chinese meals, etc. No more counting calories and points or denial of food groups.
- Can be used in conjunction with all other diet plans as it is designed to accommodate all food groups. **The Diet Plate®** closes the circle on every Very Low Calorie Diet (VLCD) such as the Cambridge Diet, LighterLife or Slim.Fast plans. This is because everybody at some point returns to solid foods and that's when old habits set in. If you have **The Diet Plate®** you can follow their programme's maintenance plan and ease back into starchy carbohydrates slowly. Then, forevermore, retain your hard earned figure.
- There are no ridges or raised partitions on **The Diet Plate®** which avoids the stacking of food and false measurements. Its 11" diameter ensures there is ample room for you to eat plenty of 'free' vegetables and not just put starch and protein out.
- Can be used just like an ordinary dinner plate. Simply replace your existing plate with **The Diet Plate®** and use daily.
- It is suitable for all the family, including children and diabetics. If you are diabetic it is very important to inform your Doctor or Dietician about your use of **The Diet Plate®**. Your Insulin/medication levels may be affected and need adjusting. Weight loss must never be left unexplained. Please feel free to refer to our medical advisor [Dr. Ian Campbell](#) and his advice.
- The **Diet Plate®** is microwave and dishwasher safe. A simple lifestyle tool which, like other quality plates, should last you for many years if you take good care of it.