

Maintenance Guidelines

This maintenance program of eating is designed for people who and who are at or near their goal weight as determined the individual and their sponsor. This plan designates three weighed and measured meals a day with nothing in-between except no-calorie beverages, sugarless gum, and water. Any needed adjustments to the number of meals should be discussed with your sponsor.

As we are not physicians, we strongly suggest that before embarking on this new way of life you have a complete medical check-up, submitting this program to your doctor or health care professional so that he/she may make any necessary additions or corrections. Any recommendations your physician makes to amend this plan are acceptable.

As abstaining compulsive overeaters, for whose disease there is no known cure, we can only effectively continue to recover from our illness by adhering to the following:

- ALL FOOD MUST BE WEIGHED AND MEASURED. Use a scale, a measuring cup, and measuring spoons.
- FOOD SHOULD BE WRITTEN DOWN and committed on a daily basis as directed by your sponsor. Successful members continue to write their food down even after they have stopped committing it to a sponsor.
- Weigh yourself once a week. Allow a 3-pound weight variance.
- IF SOMETHING LISTED IN THIS FOOD PROGRAM BECOMES A PROBLEM, AVOID IT. AVOID ALL INDIVIDUAL BINGE FOODS.
- Vary your food selections.
- Moderate exercise, multi-vitamins (check for sugar), and 8 glasses of water a day are suggested.
- If a food item is not listed, check with your sponsor BEFORE having it. When in doubt, leave it out.
- LOOK FOR SUGAR! Sugar must be listed 5th or lower on ingredient lists and should not be in seasonings or soft drinks. Agave, cane juice or evaporated cane juice, concentrated fruit juice, corn syrup, dextrose, fructose, For additional information, review the "SUGAR BY ANY OTHER NAME" section of the sponsorship guide

Slips or Weight Changes

SLIPS: If you've gained more than ten pounds, adhere to the HOW Basic Food Plan until you are at your goal weight. To re-qualify as a HOW Sponsor after a slip, you must take the first three steps with your HOW Sponsor, committing your food and answering questions for 30 days.

WEIGHT CHANGES:

- **Losses:** If your weight loss is greater than 10 pounds under your goal weight, please seek medical counsel. If your physician agrees, you may choose to adjust your goal weight lower. If not, we encourage you to work with you physician and nutritionist as necessary to stabilize your weight and gain whatever weight necessary. And it is also beneficial to continue to work the with your OA-HOW sponsor to assist you as your tackle your weight loss issue. Working the spiritual program of the 12 steps is a powerful foundation to assist you in recovery of any eating issues.
- **Gains:** If your weight gain is less than 10 pounds, remove your last added phase to your Maintenance Food Plan with the guidance of your sponsor. When you reach your goal weight, follow the transition instructions. Between phases, allow one week for your body to adjust to the additional food before proceeding to the next phase.