

# *The Maintenance Phase*

## *Reintroduction of Carbohydrates and Starches*

Adding carbohydrates back into your diet slowly will help you differentiate which type of carbs will cause you to put back on weight quickly. I suggest trying one new carb item over a three-day period, if all goes well and you maintain your weight then you may add an additional carb item. However, I would be mindful of the total number of high carbohydrate items you are consuming. I suggest not exceeding more than 2-3 servings of carb and/or starch servings per day. Do not add more than one new item every 3 days. The following are recommended carbohydrate/starch options:

- 100% whole wheat bread  
*Check the label to ensure that whole wheat is the only flour used*
- Brown Rice\*
- Whole Wheat Pasta or Barilla Plus Pasta (yellow box)
- Oatmeal\*
- Popcorn (low fat or air popped)\*
- Cornmeal\*
- Whole Grain Cereal

*\*Appropriate for those gluten sensitive clients*