

## Appendix 1 Example of a treatment plan

The treatment plan is personal, and the following example is based on a single person's answers. The treatment plan can therefore contain less, more, or different treatment plan points depending on individual answers.

### Personal treatment plan

- 1. Be [less picky](#).
- 2. Eat [breakfast](#) every day.
- 3. **Breakfast:** not biscuits.
- 4. **Breakfast:** You can freely choose between oats, rolled oats and oatmeal porridge with a maximum of one teaspoon of raisins/sugar, puffed rye or oat grains (not sweetened), plain yogurt with a maximum of 0.5 % fat content, [greens](#), [rye bread with lean toppings/cold cuts](#) with a maximum of 9 % fat and [cheese](#) with a maximum of 13 % fat.
- 5. For **lunch**, choose freely between [greens](#), [rye bread with lean toppings/cold cuts](#) with a maximum of 9 % fat and [cheese](#) with a maximum of 13 % fat.
- 6. Eat an [afternoon meal](#) every day (between lunch and dinner).
- 7. **Afternoon meal:** not coarse bread, Frosties, puffed wheat grains, whole milk, white pasta or coffee / tea with sugar, honey or sweetener.
- 8. **Afternoon meal:** just like breakfast, you can freely choose between oats, rolled oats and oatmeal porridge with a maximum of one teaspoon of raisins/sugar, puffed rye or oat grains (not sweetened), plain yogurt with a maximum of 0.5 % fat content, [greens](#), [rye bread with lean toppings/cold cuts](#) with a maximum of 9 % fat and [cheese](#) with a maximum of 13 % fat.
- 9. Eat dinner every day.
- 10. **Dinner:** not crispbread, cheese with more than 13% fat or whole milk.
- 11. **Dinner:** eat a mixed selection of [greens](#). Choose freely between potatoes, whole-grain pasta, brown rice and rye bread. Choose freely between lean meats without visible fat, fish (both lean and fat) and legumes. Minced meat must contain no more than 7% fat. A maximum of 2 tablespoons of [dressing or sauce](#) per serving. Use as little fat as possible and a maximum of 2 teaspoons per person for cooking warm food.
- 12. **Dinner** must be [portioned](#) (arranged on a plate) in the kitchen.
- 13. **Dinner** must be portioned according to the [T-plate model](#).
- 14. Dinner: if a [2nd portion](#) (2nd serving) is needed, it may be served no sooner than 20 minutes after the 1st portion is finished.
- 15. **Late-night meal:** Do not eat between dinner and breakfast. But if you are hungry, you can choose from ½-2 slices of [rye bread](#) (possibly roasted) with [toppings/cold cuts](#) with a maximum of 9 % fat content and [cheese](#) with a maximum of 13 % fat content, [greens](#), oats, rolled oats, oatmeal porridge, puffed rye or oat grains (not sweetened), and plain yogurt with a maximum of 0.5 % fat content.
- 16. **Late-night meal:** not biscuits or white rice between dinner and breakfast.
- 17. You must feel [satiated \(full\)](#) - but not over satiated - after each of the main meals: breakfast, lunch, the afternoon meal and dinner.
- 18. Salad and vegetables: eat [vegetables](#) every day.
- 19. Choose [as little oil or fat as possible](#) when cooking, putting spreads on bread or purchasing dairy products.
- 20. **Fast food:** maximum once a month.
- 21. **Dried fruits and nuts:** maximum once a week, equivalent to one small handful (30-40 gram) of dried fruits and nuts per week.
- 22. Milk: maximum 0.5 liters of dairy products per day, with a maximum fat content of 0.5 %.
- 23. Sweets/candy and snacking: maximum once a week. See how much under your [empty-calories-allowance](#).
- 24. Reduce your alcohol intake to a maximum of 3 units of alcohol per week.
- 25. **Physical activity:** be physically active for at least 1 hour every day, where you can feel the pulse rising and your breathing getting faster.
- 26. [Walk or take the bike](#) as much as possible for your everyday transport.
- 27. It is important that you quit [smoking](#).

*You can check the boxes in the treatment plan as you feel you are managing them.*

Blue words in the treatment plans are active links to the library with thorough explanations readily available. All aspects of the use of the WADHA are subject to personal support within the interactive communication hub. Boxes reflect interactive participation with the WADHA user so that she or he can tick treatment plan points to provide an overview of what is achieved and what is lacking within the personalized treatment plan. For example, box number 3 have been ticked off and is thus achieved in treatment. It is now shown with a light grey font appearing in the background, though still readable.