



MEDIFAST NEWS

Updates on clinical obesity management with Medifast

 Medifast.
fall 2008

Welcome to Medifast News!

Here's what's new from Medifast, your resource for clinical management of obesity.

This month:

Program update - NEW: Medifast for Nursing Mothers Meal Plans

Food science - Fructose

Nutrition - Dealing with Constipation

Compliance - Surviving Celebrations

Medifast Program Updates and News

not lose more than two pounds a week. The Medifast for Nursing Mothers Meal Plans are nutritionally balanced, allowing for gradual weight loss without inducing ketosis. This approach provides the mother's nutritional needs while encouraging optimal growth in the baby. Once the baby is consuming less than 30% of his or her nutrition from breast milk, mothers may continue this plan or

move to the Medifast 5 & 1 Plan for faster weight loss.

Medifast Meals are safe for nursing mothers. Acesulfame potassium, the sweetener used in many Medifast Meals, is approved by the FDA for use by all segments of the population, including pregnant and breastfeeding women.*

NEW: Medifast for Nursing Mothers Meal Plans

The new Medifast for Nursing Mothers Meal Plans are designed for new moms with babies at least two months old. The 1,500- and 1,800-calorie plans each include several Medifast Meals, unlimited fruits and vegetables, whole grains, dairy products, and a discretionary treat.

To ensure adequate milk supply, nursing mothers should consume at least 1,500 calories daily and should

Medifast for Nursing Mothers Meal Plans

Food groups:	1,500-calorie meal plan	1,800-calorie meal plan
Medifast Meals	3	3
Fruits	Unlimited: at least 5 servings daily	Unlimited: at least 5 servings daily
Vegetables		
Dairy	3	3
Whole grains	2	4
Meat/meatless protein	2	2
Fats	2	3
Discretionary calories	<100 calories	<150 calories

*<http://www.ific.org/publications/brochures/acekbroch.cfm>

Sample meal plans continued on page 2

1,500-calorie sample Nursing Mothers Meal Plan:

Breakfast:

- Cereal: 1 cup bran flakes
- ½ cup fresh strawberries
- 8 oz low-fat or fat-free milk

Mid-morning:

- Medifast Chocolate Mint Bar
- 1 peach

Lunch:

- Medifast Chicken Noodle Soup
- 1 cup salad greens topped with ½ cup mixed sliced tomatoes and cucumbers and 1 Tbsp reduced-fat salad dressing
- 4-8 oz low-fat or fat-free yogurt

Mid-afternoon:

- 1 cup low-fat or fat-free cottage cheese
- 1 medium apple
- 3 cups popped plain popcorn

Dinner:

- 4 oz grilled salmon
- ½ cup steamed broccoli
- ½ medium baked sweet potato topped with 1 tsp trans fat-free margarine
- 8 oz low-fat or fat-free soy milk

Evening:

- Medifast Vanilla Pudding
- ½ cup blueberries



Other specialty meal plans are available for patients undergoing bariatric surgery, patients with gout, and more. Visit MedifastMD.com for more information.

Food

Science:

Fructose



In recent years, fructose and high fructose corn syrup have been implicated as major contributors to the rise of obesity in the U.S. Why the focus on this particular sugar? It's important to remember that obesity is caused by excessive calorie consumption—from all sources.

Fructose, also known as fruit sugar, is found in fruits and vegetables. For example, a large pear contains 14 grams of fructose and about 8 grams of other sugars. A 12-oz

serving of regular cola contains about 18 grams of fructose and 15 grams of glucose.^{1,2}

Since fructose has a slower rate of absorption than glucose, it does not trigger a rapid rise in blood sugar, nor the subsequent release of insulin. However, concerns persist regarding fructose's role in weight gain and increases in serum triglycerides.^{3,4} These effects are seen solely when fructose is consumed as a main source of carbohydrate or dietary energy. By comparison, clinical trials with Medifast meal replacements consistently show reductions in weight and serum triglycerides.^{5,6}

Medifast products do not contain high fructose corn syrup, but do contain small amounts of fructose—up to about 9 grams per serving—well below the amount

causing gastric distress in healthy individuals.⁷ Medifast products are low-glycemic and are safe for those with type 2 diabetes.

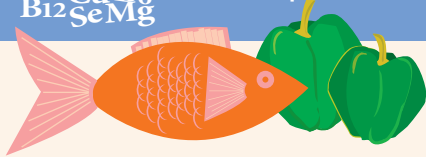
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Nutrition

Corner:

Dealing with Constipation



For comments or questions regarding nutrition, please contact:

NutritionSupport@ChooseMedifast.com

According to the American College of Gastroenterology, the normal frequency of bowel movements ranges from three times per day to three times per week. Medications, changes in diet, exercise, and even stress can alter typical bowel patterns.

Patients on the Medifast 5 & 1 Plan are eating less food than they were previously, which can lead to reduced stool output, causing fewer or smaller bowel movements. If your patient's constipation symptoms persist or are troubling, here are some strategies to recommend:

- Drink at least 64 ounces of water and other zero-calorie beverages each day.
- Avoid alcohol and limit caffeine to <300 mg/day.
- Include high-fiber vegetables from the approved vegetable list, including spinach, broccoli, greens, okra, and cauliflower.
- Gradually increase gentle exercise to at least 20 minutes per day.
- Set aside time each day for undisturbed visits to the bathroom.

- Do not ignore the urge to have a bowel movement.
- Add some whole or ground flaxseed to meals (1 teaspoon counts as 1 condiment option on the Medifast 5 & 1 Plan), fiber capsules, sugar-free Metamucil®, or Benefiber®. Be sure to increase your fluids when adding these items.

Patients may use stool softeners, laxatives, or rectal suppositories with caution; the bowels may become dependent on these over time. Recommend further follow-up if bowel movements do not occur after the use of these products.

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Benefiber® is a registered trademark of Novartis AG, Basel, Switzerland.

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In the next issue of

MEDIFAST NEWS

Program update: New Crunchy Medifast Bars

Food science: Gluten

Nutrition: Medifast and Gout

Compliance: Circle of support



Compliance:

Overcoming Temptations

Helping patients develop a strategy for food-centered social and family events can help them lose weight successfully. Below are some tips to share with your patients:

1. Make a POA (Plan of Action):

Having a plan in place prior to attending a special event will help you successfully manage it. If you are following the 5 & 1 Plan, you can take a Medifast Meal with you or eat your Lean & Green Meal at this special event.

2. Don't go hungry! Eat at regular intervals throughout the day before attending your special event. Small, frequent meals help you feel satisfied and prevent an eating frenzy.

3. Make time to move your body: Exercise can help you balance your calories consumed with calories expended. If you are following the Medifast 5 & 1 Plan for weight loss, it is important to exercise at least 30 minutes a day most days of the week—even on celebration days.

4. Chew gum or have mints on hand: Keeping your mouth busy with gum or mints ensures you will not be tempted to nibble.

5. Bring something healthy: If your event is a pot-luck, bring a dish that works with the 5 & 1 Plan. A taco salad made with salad greens, tomatoes, scallions, green peppers, and ground turkey meat with taco seasoning is sure to be a hit with everyone. If your event is not a pot-luck, you could also bring a “hostess gift” of fresh vegetable crudites.

6. Watch your portions: Use the smallest plate available and fill it up with plenty of fresh vegetables,

lean meats, and salad. Limit or omit foods that are high in calories and low in nutritional value.

7. Eat slowly: It typically takes the stomach 15 to 20 minutes to signal to the brain you have had enough food. Savor each bite by eating slowly and train yourself to be aware of when you are full.

8. Think your drink: Beverages can be jam-packed with calories. Choose sugar-free and low-calorie options.

9. Location, location, location! Position yourself as far away from the food as possible. Keep an empty plate and a glass of water in your hand to keep your hands busy.



Wherever you are in your Medifast Program—weight loss, transition, or maintenance—planning is the key to success!



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