

## Information for Your Doctor

Starting a weight management program is a step toward improved health. Even small weight losses can have significant health benefits. However, because changing your diet can affect some medical conditions or interact with some medications, we would like you to share this information with your doctor before you begin.

### What is the Nutrisystem?

In short, Nutrisystem ® programs provide portion-controlled, single-serving entrees and snacks, which customers supplement with grocery items (e.g., vegetables, fruit, dairy) to achieve a reduced calorie meal plan.

Nutrisystem programs deliver healthier versions of the foods you already love, delivered right to your door. The Nutrisystem program is designed to be high in fiber and protein, while low in saturated fats. All Nutrisystem foods contain  $\leq 600$  mg sodium. And, if desired, our Nutrition Support department can help you customize your food order to include options with lower levels of sodium. For most customers, following a Nutrisystem program means that the quality of their diet will improve significantly, while their total calories are reduced.

### What is the Nutrisystem Standard Plan?

The first week of the Nutrisystem plan is designed as a jumpstart week, delivering about 1,000 calories per day for both women and men.\* After the jumpstart week, **women consume about 1,200 calories per day and men consume 1,500 calories per day.**

### What is the Nutrisystem Personal Plan?

The Nutrisystem Personal plan is a weight loss solution that tailors a plan to your body type, age, gender, activity, and metabolism. The first week of the Nutrisystem Personal plan is designed as a jumpstart week, delivering about 1,000 calories per day for both women and men.\* After the first week, the daily calorie goal will be personalized to your metabolism using a proprietary algorithm. Our algorithm integrates the evidence-based Mifflin St. Jeor equation while also considering your lifestyle activity and metabolic adaptation. Factors such as your age, gender, starting weight, height, and activity will determine your personal daily calorie goals. **Women meal plans will range from 1,200 to 2,100 calories per day. Men's meal plans will range from 1,500 to 2,500 calories per day.**

The Nutrisystem Personal plan is designed to adapt to your body throughout your weight loss journey. **Beginning in week 6 of your plan, your daily calorie goal will be adjusted after every 10 pounds of weight loss, or if you have reached a weight loss plateau.**

**\* Note, many individuals with medical conditions (including the Nutrisystem D® plan for individuals with diabetes) are ineligible to receive the 1,000-calorie jumpstart week and start the plan with their personal calorie goal.**

## **What conditions or medications might be affected by a change in diet?**

### **Anemia**

Nutrisystem programs are reduced calorie plans and may not deliver 100% of the RDI for iron due to the reduced calorie nature of the plan. Iron supplementation is recommended.

### **Anticoagulant Medications (e.g., Coumadin)**

Many customers significantly increase their intake of vegetables when they follow a Nutrisystem program.

**The action of warfarin or other anticoagulant medications may be affected by an increase of vitamin K in the diet. Nutrisystem is a higher protein diet which could potentially impact on how medications are metabolized.**

### **Cancer**

Intentional weight loss may not be appropriate if cancer is active. Treatment may affect appetite and food tolerance. For patients with a history of estrogen positive tumors, the diet can be customized to limit soy if required.

### **Congestive Heart Failure & Ischemic Heart Disease**

Sodium restrictions may be required (your patient may contact our Dietary Services department for assistance in adjusting the meal plan). Several medications used to treat these disorders may interact with dietary changes. Patients who wish to increase physical activity should have medical clearance.

### **Diabetes**

The Nutrisystem® D™ program is specially designed for people with diabetes. The program provides ~50-55% of calories from carbohydrate and provides a consistent intake of lower glycemic index complex carbohydrates throughout the day. Each meal is designed to provide approximately 20 - 45 g of carbohydrate, and each snack is designed to provide approximately 15-30 g of carbohydrate.

**Individuals who use insulin will require a reduction to avoid hypoglycemia. Other diabetes medications may also require adjustment.** We recommend that all appropriate medication adjustments are made early in the patient's weight loss attempt. If you would like to see the insulin reduction algorithm developed by our medical director, please contact [dietitian@nutrisystem.com](mailto:dietitian@nutrisystem.com)

### **Epilepsy (Seizure disorder)**

Levels of phenytoin, phenobarbital, carbamazepine may vary with diet changes. Folate, B12, and vitamin C supplementation are recommended for patients taking phenytoin or Phenobarbital. Vitamin D is recommended for patient taking carbamazepine or valproic acid. High doses of B6 can decrease seizure threshold and should be avoided. Psyllium and ginseng interact with valproic acid and lithium. **Patients who require a ketogenic diet should NOT use Nutrisystem.**

### **HIV**

Several medications used to treat this condition may interact with a change in diet.

### **Hyperthyroidism**

Patients with active hyperthyroidism are likely to have increased calorie needs. The calorie level of Nutrisystem programs may induce larger than recommended weight losses.

### **Inflammatory Bowel Disease, Crohn's Disease, Ulcerative Colitis Achalasia, Gastroparesis, Pyloric Stenosis, and History of Bowel Diversion Surgery**

Digestive tract disorders may be aggravated by dietary changes (especially changes in dietary fiber intake) and/or require specific dietary restrictions. Diarrhea or constipation may affect vitamin absorption.

### **Use of Lithium**

Consistent sodium intake is important as variances can alter therapeutic levels. Lithium interacts with psyllium and ginseng.

### **Sarcoidosis**

Vitamin D and calcium intake may need to be adjusted down. Sodium may need to be restricted below 2000 mg/day if patient is treated with corticosteroids (the customer may contact our Dietary Services department for assistance in adjusting the meal plan).

### **Use of theophylline (Theo-Dur, Uniphyll)**

Consistent intake of protein and carbohydrate is necessary for consistent drug levels. Changes in caffeine intake should be avoided.

### **Tuberculosis**

Isoniazid therapy (INH) requires B6 supplementation. Niacin, calcium, and B12 can be depleted.

## **What Conditions or Medications Require a Physician's Approval before a Patient Can Use Nutrisystem?**

### **History of Kidney Transplantation**

Patients must have written approval from his/her nephrologist.

### **Monoamine Oxidase Inhibitors (MAOIs) or Other Tyramine-Sensitive Medications**

Tyramine is present in some Nutrisystem foods and may interact with these medications to cause dangerously high blood pressure.

### **Congestive Heart Failure**

Generally requires sodium and or fluid restrictions. Several medications used to treat this condition may interact with a change in diet.

### **Teens (age 14-17)**

A formal screening process by Nutrisystem is used to determine eligibility prior to referral to their physician. All teens will require physician approval in writing in order to participate in the program. Teens must have their meal plans adjusted to reflect their greater calorie requirements.

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### **Levodopa**

Dietary protein can reduce the absorption of this medication.

### **Weight > 400 lb. (Women) or > 450 lb. (Men)**

Customers above these weights must have their meal plans adjusted to reflect their greater calorie requirements. Due to greater morbidity associated with extreme obesity, Nutrisystem believes it is prudent for patients above these weights to be monitored by their physician during weight loss.

## **What Conditions Are Contraindications to Using Nutrisystem?**

- **Age < 14 years**
- **Allergies to: Peanuts, Soy, or Latex (used in food handling)**
- **Anorexia or Bulimia Nervosa (Active or recent history)**
- **Body Mass Index < 19 kg/m<sup>2</sup>**
- **Celiac Disease**
- **Conditions Requiring a Ketogenic Diet (e.g., Severe Epilepsy)**
- **Dialysis (Hemodialysis)**
- **Nursing an Infant <4 Months Old or Who Has Not Yet Started Solid Foods**
- **Pregnancy**

If you would like more detailed information about the Nutrisystem® programs, please feel free to contact one of our Nutrition Support department at [dietitian@nutrisystem.com](mailto:dietitian@nutrisystem.com)