



**ABOUT NUTRISYSTEM:** Designed to meet the nutritional guidelines of the American Diabetes Association\*, Nutrisystem D is a weight loss program specifically created for the millions of Americans with type 2 diabetes who want to lose weight and manage their diabetes.

Based on a structured 28-day meal plan that is customizable to meet customers' taste preferences as well as many dietary restrictions, Nutrisystem D features more than 130 delicious menu options, including shelf-stable and frozen items. With the recommended combination of fresh grocery items and the Nutrisystem<sup>®</sup> portion-controlled foods, Nutrisystem combines low-glycemic “good carbs” with fiber and protein to provide a diet that is low in fat and helps keep customers feeling fuller longer. (The Glycemic Index measures how quickly carbohydrates are broken down and absorbed by the body, which impacts blood sugar, a vital factor for people managing their type 2 diabetes.)

In two clinical trials\*\*, overweight participants who received Nutrisystem D in combination with counseling sessions lost significantly more weight and had greater reductions in A1C than those who received counseling or educational sessions alone. At 6 months, participants who received the Nutrisystem D intervention lost 18 pounds and reduced their A1C by 0.7% on average. A third trial\*\*\* showed significant reductions in average blood glucose and glycemic variability, as assessed with continuous glucose monitoring, when participants consumed Nutrisystem D in comparison to their usual diet. Participants also experienced fewer high blood glucose readings—without a significant increase in low blood glucose readings—during consumption of Nutrisystem D.

**KEY FEATURES:**

Nutrisystem D provides customers:

- A program specifically designed for losing weight, which helps them to lower their blood sugar and better control their type 2 diabetes.
- More than 150 delicious menu options.
- Access to certified diabetes educators, registered dietitians and our team of weight loss counselors.
- Direct home delivery with no center visits required
- Free online tools, tips and community support on [nutrisystem.com](http://nutrisystem.com)
- Savings of hundreds of dollars compared to other home delivery weight loss programs.

Nutrisystem D is a portion-controlled, low-fat, reduced calorie comprehensive program designed to help people with diabetes or pre-diabetes achieve meaningful weight loss. It does not treat or cure diabetes, and is not a substitute for diabetes medications. The required dose of diabetes medications can be affected by change of diet or weight loss. Customers are urged to consult with a health care provider or physician before starting this or any other diet program.

\*American Diabetes Association: Standards of medical care in diabetes – 2012 (Position Statement Diabetes Care 35 (suppl.1): S11-63)

\*\* Data summarized here are from unpublished analyses, combining the groups that received Nutrisystem D in two clinical trials (Foster GD, et al. Postgraduate Medicine 2009; 121:113-18; and Foster GD, et al. Nutrition and Diabetes 2013; 3:e63). Nutrisystem D users in the 2009 and 2013 trials received 18 and 9 group counseling sessions, respectively, over 6 months. Insulin users were excluded from the 2009 trial, but included in the 2013 study.

\*\*\* Fabricatore AN, Hesson LA, Wadden TA. Reduction in glycemic variability and hyperglycemia with a low-glycemic index portion-controlled diet in persons with type 2 diabetes. Presented at the 72nd Annual Scientific Sessions of the American Diabetes Association, Philadelphia, PA: June 10, 2012.