

Hello...

This is an informational letter from a staff nutritionist named Tammy who works for Medifast. It has some great tips, tricks and information concerning the program, including tips for dining out. Let me know if you have any questions!

Hello my name is Tammy, one of the Registered Dietitians on the Nutrition Support Team here at Medifast. Thank you for contacting us.

For best results, it is best to follow the 5&1 Plan as written. As you may know the plan is designed to provide 800-1000 calories per day, less than a total of 100gm of carb per day to induce and keep a body in a fat burning state while providing >72gm of protein to preserve lean muscle mass.

1) Skipping any meals or skimping on the L&G meal portions (protein, vegetables, and healthy fat servings) can drop your calories too low and can hinder weight loss results. Also you will be compromising your nutritional status as well as the meal plan is nutritionally balanced as written. Therefore, if anything is left out - you have also left out vital vitamins, minerals, protein, etc.

2) Eating foods that are off plan and quite high in carbohydrate content (such as rice) can stop a fat-burning state. Starting and stopping a fat-burning state can hinder weight loss results. It is best to follow the 5&1 Plan and remain in a fat-burning state during the weight loss phase of your program.

3) Exercising too much while following the 5&1 Plan can also hinder weight loss results. Medifast recommends no more than 45-minutes of vigorous exercise per day while following the 5&1 Plan to create a proper energy balance of calories in versus calories expended. Longer durations of exercise can cause too large of a caloric deficit which can halt or hinder weight loss. **Contact your health coach if you do longer, endurance type exercise to adjust your program!!**

4) Using too many condiments. Medifast recommends using up to 3 condiments per day for best results. I have attached the condiment list for your review and use.

Keep in mind the rate of weight loss is dependent not only on meal plan compliance but also other factors such as:

- * gender
- * age
- * medical conditions
- * medications
- * level of physical activity
- * body composition
- * menstrual cycle (if applicable)
- * starting body weight

I have also attached the vegetable list for your review and use. Although the MF Chicken & Wild Rice soup does contain a very small amount of peas and carrots, they are not on the vegetable list for the L&G meal as they are too high in carbohydrates in this volume (1/2 cup servings).

Many people do choose to consume restaurant salads, however some can be very deceiving! However, here are a few that fit the guidelines or close to the guidelines.

McDonald's

Caesar Salad with Grilled Chicken (without dressing)

220 calories, 12gm of carb, 30gm of protein, 6gm of fat and 890mg sodium

Bacon Ranch Salad with Grilled Chicken (without dressing)

260 calories, 12 gm of carb, 33gm of protein, 9gm of fat and 1010mg sodium

Chick-Fil-A

Chick-Fil-A Chargrilled Chicken Garden Salad (without dressing) + 1 chargrilled chicken filet (no bun, no pickles)

180 calories for salad + 100 calories for filet = 280 calories total

9gm carb for salad + 1gm of carb for filet = 10gm carb total

22gm protein for salad + 21gm protein for filet = 43gm protein total

6gm fat for salad + 1.5gm of fat for filet = 7.5gm fat total

620mg sodium for salad + 610mg of sodium for filet = 1230mg sodium total

Burger King

Tendergrill Chicken Garden Salad (without dressing)

240 calories, 8gm of carb, 33gm of protein, 9gm of fat and 720mg sodium

Wendy's

Chicken Caesar Salad (without dressing) + 1 Ultimate Chicken Grill Filet (no bun)

180 calories for salad + 110 calories for filet = 290 calories total

8gm carb for salad + 1gm of carb for filet = 9gm carb total

25gm protein for salad + 22gm protein for filet = 47gm protein total

6gm fat for salad + 1.5gm of fat for filet = 7.5gm of fat total

660mg sodium for salad + 610mg of sodium for filet = 1270mg sodium total

As you know, many other restaurants are out there too, however not all will share their nutritional information. So, beware when dining out!! Not all the "healthy sounding" entrées and salads are really "healthy" in terms of calories, grams of fat, carbs and protein. It is always best to control your environment and choices by either packing your L&G meal (if you're able) or ordering something you know in terms of the nutritional information. Keep in mind too that a lot of these salads listed above are very high in sodium content. So, MF would not recommend using these salads frequently or on a daily basis.

For best weight loss results, Medifast would recommend following the 5&1 Plan as written and not incorporating foods that are "off plan." I hope this information helps. Please let us know if we can be of further assistance to you.