APPENDIX C: Meal replacement DATA
Meal Replacements Enhance Initial and Long-term Weight Loss

• The following slide summarizes data from one scientific study that helps illustrate why we elect to use an aggressive meal replacement strategy.

• The graph shows a comparison of a conventional diet versus a meal replacement diet (with eventual transition to food).

• The results show that at the end of the study period, despite both groups being on similar diets, the group that started with meal replacement lost more weight, overall.
Meal Replacements Enhance Initial and Long-term Weight Loss

*1200–1500 kcal/d diet prescription.
CF=conventional foods.
MR-2=replacements for 2 meals, 2 snacks daily.
MR-1=replacements for 1 meal, 1 snack daily.

Fletchner-Mors et al. *Obes Res* 2000;8:399