

## APPENDIX C: Meal replacement DATA

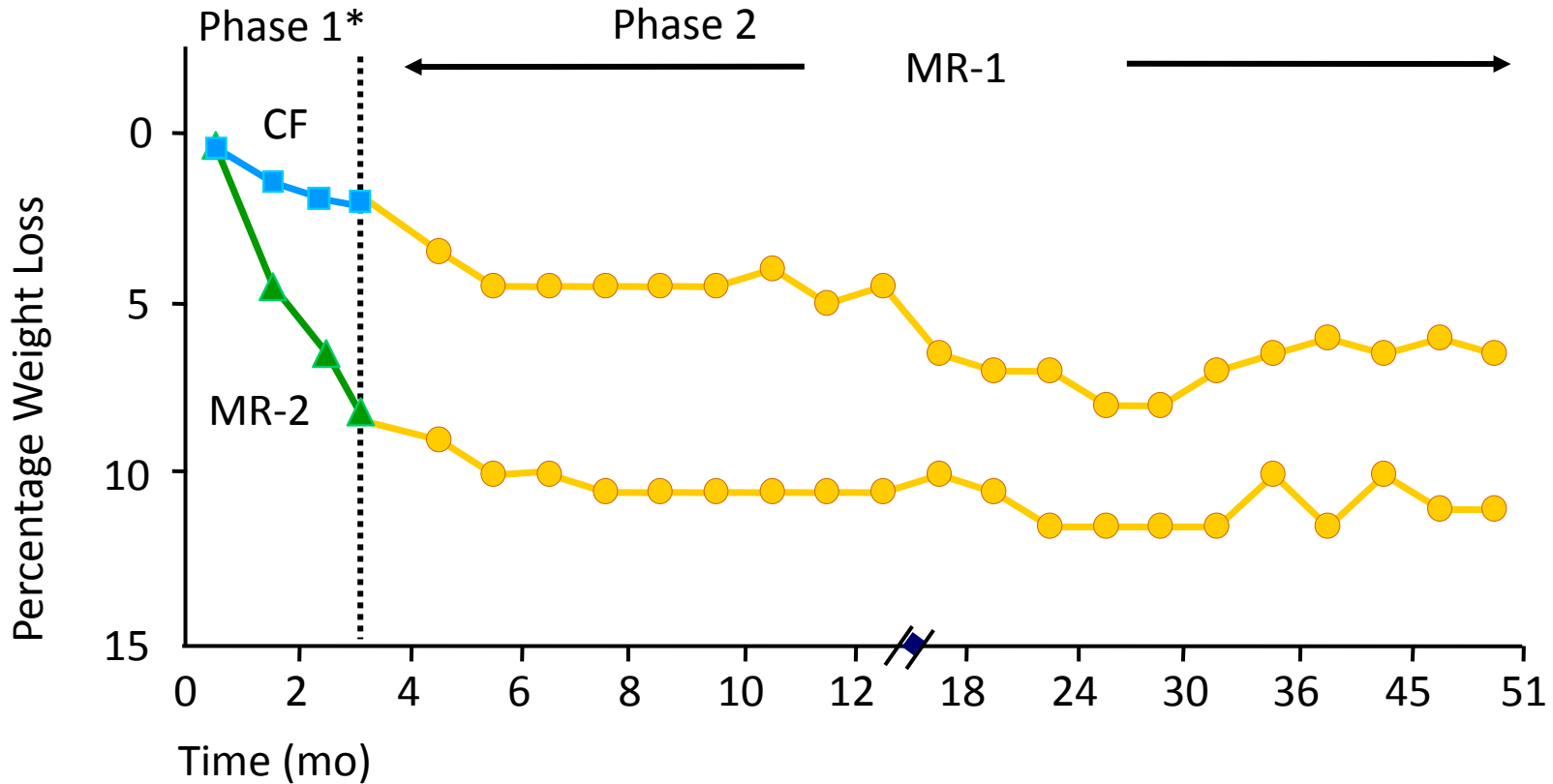


## Meal Replacements Enhance Initial and Long-term Weight Loss



- 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.

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\*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.

Ditschuneit et al. *Am J Clin Nutr* 1999;69:198.  
 Fletcher-Mors et al. *Obes Res* 2000;8:399