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Nutrisystem Diet

Created in 1972, Nutrisystem is a low-calorie diet delivery program meant to help people lose weight through portion control. The foundation of the diet is low-glycemic foods, which are said to keep people fuller longer and reduce appetite by stabilizing blood sugar. The diet claims that individuals following the plan will lose weight gradually, approximately 1-2 pounds per week. Women are placed on a 1200-calorie diet while men are placed on a 1500-calorie diet. Both are encouraged to incorporate physical activity. Each meal plan consists of 55% carbohydrates, 25% protein, and 20% fat. Once an individual receives a free body assessment online, a 28-day supply of meals (consisting of three meals and two snacks per day) is delivered to their door in microwave-ready pouches.

Nutrisystem followers plan their meals and track their progress online, and are given forums to build community and get support. There are more than 120 entrées and desserts to choose from, with gender-specific classifications for adults, seniors, diabetics, and vegetarians.

The program encourages customers to supplement with fresh fruits, vegetables, and milk each day from their local market. For a 28-day meal plan, the average cost ranges from \$280 to \$310, excluding supplemental items.

Foods to include:

- Nutrisystem meals
- Fruits
- Vegetables
- Dairy

Foods to avoid:

- None

Pros:

- Packaged meals convenient
- Portion control helpful
- Free, unlimited support and counseling services
- Considers bio-individuality

Cons:

- Meals require microwave, which may impart toxins on food
- Most meals highly processed; some contain trans fats
- Doesn't include specific exercise guidelines
- Consumption of fresh fruits and vegetables encouraged, but not included in program
- Difficult to dine out

Sources:

Nutrisystem Diet www.health.usnews.com <http://www.health.usnews.com>

Nutrisystem www.nutrisystem.com <http://www.nutrisystem.com>

The Nutrisystem Diet www.webmd.com <http://www.webmd.com>