

NUTRISYSTEM QUICK GUIDE

For more than forty years, Nutrisystem has helped millions of people achieve real weight loss.

Our program is a comprehensive approach to weight loss that teaches you how to make smarter food and lifestyle choices in order to get real results. With a balanced meal plan featuring perfectly portioned foods, activity tracking tools, transition and maintenance plans for continued success, plus a free app and unlimited counseling, you've got a complete and convenient weight loss program that's always ready when you are.

Here are helpful answers to your common questions:

What is the Nutrisystem® plan? What will I eat?

Nutrisystem is a high-protein, high-fiber, lower-Glycemic meal plan that is designed to help you lose weight. You'll eat healthy, satisfying meals and snacks six times each day, featuring "good carbs" and protein to help control your appetite, reduce hunger, and control cravings in between meals.

What is the Glycemic Index, and why is this important?

Nutrisystem is based on the science of the Glycemic Index, which measures the quality of carbohydrates and how they impact your blood sugar levels. Carbohydrates that break down slowly encourage stable blood sugar levels so they rate well or "low" on the Glycemic Index. The slow and steady breakdown also produces a greater feeling of fullness. Carbs that break down too quickly cause your insulin levels to spike, and high insulin levels can cause your body to store fat. These are given higher Glycemic values and most often leave you hungry soon after a meal.

Nutrisystem includes lower-Glycemic carbs that will help keep your blood sugar levels stable and your appetite in check. With the recommended combination of fresh grocery items and the Nutrisystem entrees and snacks, we do the work for you.

Can I still lose weight with a Nutrisystem plan if I have high blood pressure?

Overall, weight loss and weight management are important to improving and controlling blood pressure. All Nutrisystem plans comply with the USDA Dietary Guidelines for Americans, 2015, which recommends less than 2300 mg of sodium per day

for the general population. We recommend that you consult your physician before beginning any exercise or weight loss program.

Do I have to exercise while on Nutrisystem?

The Nutrisystem plan does not require exercise, however we know that physical activity is an important part of a healthy lifestyle, can help burn calories and keep your metabolism up. We've created My Daily 3® and we make it easy to follow the Physical Activity Guidelines of at least 150 minutes of activity each week with our simple-to-follow recommendation:

$$\begin{matrix} 10 \\ \text{MINS.} \end{matrix} \times \begin{matrix} 3 \\ \text{TIMES} \\ \text{A DAY} \end{matrix} \times \begin{matrix} 7 \\ \text{DAYS} \\ \text{PER WEEK} \end{matrix} = \begin{matrix} 210 \\ \text{MINS.} \\ \text{PER WEEK} \end{matrix}$$

We make it easy for everyone to get in some movement every day. Biking, gardening, even walking the mall while shopping—every activity counts.

If I have certain food allergies or special dietary needs, can I still lose weight with the Nutrisystem program?

Yes. All of the ingredients and a nutritional breakdown of every food is listed clearly on its package and online—just click the name of the item you'd like to review and scroll down for the ingredients listed below the Nutrition Facts.

Nutrisystem also has special plans for men and women with diabetes, vegetarians, those who require a DASH diet and more. You can ask a Nutrisystem counselor to get set up with the right plan that meets your needs. Nutrition and Dietary Services Department is available for specific allergy related questions by calling 1-888-849-4686 or visiting Nutrisystem.com.