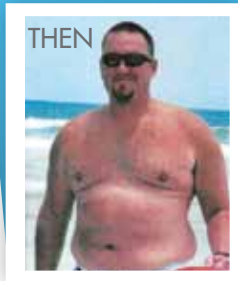


A Discussion Guide for you and your doctor

GOOD NEWS

for people with type 2 diabetes



"At 300 pounds, I was suffering from type 2 diabetes, high blood pressure and high cholesterol. **On Nutrisystem I lost over 100 pounds.*** The menu is huge and the choices are endless."

—Mike L. lost 106 pounds*



**Nutrisystem and the American Diabetes Association:
Working Together to Stop Diabetes®**

*Results not typical. On Nutrisystem, you can expect to lose at least 1-2 lbs per week. Individuals are remunerated.

Nutrisystem®





As you go through this brochure, **look for helpful discussion points** for you and your doctor.

It's designed for you.

If you've been diagnosed with type 2 diabetes, you may feel overwhelmed, but with Nutrisystem[®] D[™], **a weight loss program designed specifically for people with type 2 diabetes**, there's hope and help.

Nutrisystem[®] D[™] offers an easy-to-follow, comprehensive program that **promotes healthy eating habits**, like portion control and the inclusion of fruit, vegetables and dairy servings into the menu. **Six eating occasions** a day help **stabilize your blood sugar** and prevent appetite spikes. In addition, Nutrisystem[®] D[™] offers support through both **counseling and online tools**.

On the following pages, we'll introduce you to the Nutrisystem D program, and tell you about its **nutrition values, wide food selection**, and the **clinical study** that shows our program works.

**For more information, you can always call a
Nutrisystem representative at 1-877-856-9430**



Here's what's included with your **FREE** Nutrisystem membership

In addition to delicious meals and healthy nutrition, with Nutrisystem D, you get the support you need to succeed—and **you never have to pay extra for it.** Once you sign up, you have immediate, unlimited **FREE MEMBERSHIP** with access to:

- Live chat sessions with registered dietitians
- Online tools, trackers, and menu planning
- Chat rooms, blogs and discussion boards
- Round-the-clock support from weight loss coaches



Fudge Brownie



Cinnamon Bun

4 OUT OF 5

Nutrisystem customers say they **LOVE THE FOOD** and that it satisfies their hunger.**

**Based on a survey conducted by the National Business Research Institute (August 2009), and funded by Nutrisystem.



It's the perfect combination of healthy nutrition and foods you love.

Nutrisystem® D™ is based on over **35 years** of weight loss research and experience, and we've designed it to be a **low-glycemic program** full of good carbs and fiber, emphasizing healthy whole grains. This helps reduce hunger spikes and **keeps you feeling fuller longer.**

Average daily nutrition information for the Nutrisystem D program:

	Women's Plan	Men's Plan
Total Calories	1200	1500
Total Fat	23.0%	24.0%
Saturated Fat	4.0%	3.0%
Carbohydrates	45.0%	49.0%
Protein	32.0%	28.0%
Fiber	35g	45g
Sodium	1900mg	2100mg

Lose weight while enjoying the foods you love

The Nutrisystem D program features a wide variety of more than 130 delicious menu items you can choose from, including foods you may have never thought you could eat like lasagna, pizza, pudding, chocolate chip cookies, and brownies. Plus, many more favorites like:

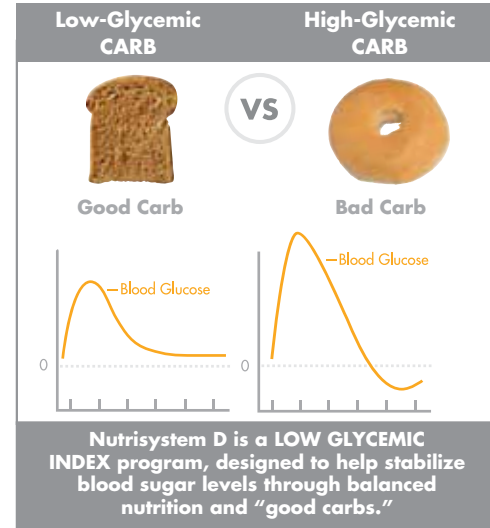
- Pancakes • Egg Frittata • Cinnamon Bun • Chicken Caesar Salad
- Cream of Broccoli Soup • Cheesy HomeStyle Potatoes • Cheese Tortellini • Barbecue Pork Wrap • Chicken and Dumplings
- Hamburger • Buffalo Chicken Wrap • Cheese Ravioli • Peanut Butter Cookie • Buffalo Wing Pretzel Sticks
- Chocolate Caramel Bar...and many more!



Buffalo
Chicken Wrap



Nutrisystem® meals contain **a small amount of sugar**—on average 24 grams per day.



A low-glycemic diet was found to be better than a high-fiber cereal diet at lowering A1C levels, according to an article published in JAMA (*Journal of American Medical Association*, 2008)

It's clinically tested so you know it works.

Researchers at the Center for Obesity Research and Education at Temple University School of Medicine followed over 60 obese people with type 2 diabetes for three months, putting half on the Nutrisystem D program.

Here are the results of the clinical study:



D

People on the Nutrisystem D program:^{††}

- ✓ LOST WEIGHT—up to **16 times more**
- ✓ LOWERED BLOOD SUGARS—**5 times more**
- ✓ LOWERED A_{1C}—by **0.9%**
- ✓ LOST INCHES OFF WAISTLINE—by **3 inches**
- ✓ LOWERED TOTAL CHOLESTEROL—by **20.9 mg/dL**
- ✓ LOWERED TOTAL TRIGLYCERIDES—by **42.7 mg/dL**

*"In our study, the Nutrisystem® D™ program performed extremely well for overweight people with type 2 diabetes. **We saw weight, blood sugar, and A1C levels all lowered**, as well as cholesterol and triglycerides decreased, more than in those in the control group."*

—Gary Foster, Ph.D., Director, Center for Obesity Research and Education, Temple University School of Medicine, and a member of the Scientific Advisory Board of Nutrisystem, Inc.

^{††} In a 3-month clinical study at Temple University School of Medicine and published in the journal *Postgraduate Medicine*, Nutrisystem program participants lost an average of 18 lbs., and lowered fasting blood sugar levels from 149.5 to 115.2, compared to those in a control group, who lost 1.3 lbs., and lowered fasting blood sugar levels from 151.4 to 144. Not all menu items were included in the study. Study funded through a research grant from Nutrisystem.

D

On Nutrisystem® D™, **you eat six times a day** to help you stay satisfied and to help **stabilize your blood sugar levels.**

Here's how the Nutrisystem D program works

Nutrisystem D takes the guesswork and hassle out of losing weight:

- You order a 28-Day program **online or by phone.**
- Food is delivered **right to your door.**
- You get a Nutrisystem breakfast, lunch, dinner, and dessert **each day.**
- You also receive a **Meal Planner, a Resource Guide and an On-the-Go Guide.**
- Entrees prepare in **just minutes** for meals that are ready to go when you are.
- **You don't have to count** calories, points or carbs, and there are no weigh-ins.
- You can easily **track your progress** and find an exercise plan that meets your needs at nutrisystem.com.

On Nutrisystem you add in fresh grocery items.

Lose weight. Live better.

Nutrisystem® | **D**™

NOW



THEN



“What I love about Nutrisystem® D™ is that **I can eat the things I love, like chocolate, and lose weight. Plus, it’s so easy.** Nutrisystem® D™ gave me a sense of control and helped me get my weight to where it should be.”

—**Beverly B. lost 52 pounds***

***Results not typical.** On Nutrisystem, you can expect to lose at least 1-2 lbs per week. Individuals are remunerated. On Nutrisystem you add in fresh grocery items. Nutrisystem D is a portion-controlled, low-fat, reduced calorie comprehensive program designed to help people with type 2 diabetes achieve meaningful weight loss. It does not treat or cure diabetes, and is not a substitute for diabetes medications. Your physician may need to reduce your medications due to changes in your diet or weight loss while on this program. Consult your physician before starting this or any other diet program.

FOR A SPECIAL OFFER

CALL **1-877-856-9430** OR CLICK nutrisystem.com/dguide