A Discussion Guide for you and your doctor

Good News for people with type 2 diabetes

“Well 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.”

—Mike L. lost 106 pounds*

“Results not typical. On Nutrisystem you can expect to lose at least 1-2 lbs per week. Individuals are encouraged. 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 medication. Your physician may need to reduce your medications due to changes in your diet or weight loss. Consult your physician before starting this or any other diet program.

*Results not typical. On Nutrisystem, you can expect to lose at least 1-2 lbs per week. Individuals are encouraged.
For a Special Offer  
Call 1-877-856-9430 or Click nutrisystem.com/dguide

Nutrisystem® D™  
A Discussion Guide for you and your doctor

Good News  
for people with type 2 diabetes

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*

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

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

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.
**Based on a survey conducted by the National Business Research Institute and that its satisfaction, they love the food.**

Nutrisystem customers (August 2009), and funded by Nutrisystem.

In addition to delicious meals and healthy nutrition, with Nutrisystem D, you can 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:

- Round-the-clock support from weightloss coaches
- Chatrooms, blogs and discussion boards
- Onlinetools, trackers, and menu planning
- Live chatsessions with registered dietitians
- Immediate, unlimited FREE MEMBERSHIP with access to:

Nutrisystem D is a LOW GLYCEMIC PROGRAM designed to help stabilize blood sugar levels through balanced nutrition and "good carbs."

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

<table>
<thead>
<tr>
<th>Low-Glycemic Carb</th>
<th>High-Glycemic Carb</th>
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</thead>
<tbody>
<tr>
<td>Blood Good</td>
<td>Blood Bad</td>
</tr>
<tr>
<td>Fiber</td>
<td>Protein</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Total Calories</td>
<td>Total Fat</td>
</tr>
<tr>
<td>Women’s Plan</td>
<td>Men’s Plan</td>
</tr>
<tr>
<td>Average daily nutrition information for the Nutrisystem D program:</td>
<td></td>
</tr>
<tr>
<td>Total Calories</td>
<td>1220</td>
</tr>
<tr>
<td>Total Fat</td>
<td>23.0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4.0%</td>
</tr>
<tr>
<td>Fiber</td>
<td>32.0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>35g</td>
</tr>
<tr>
<td>1900mg</td>
<td>2100mg</td>
</tr>
</tbody>
</table>

Here are the results of the clinical study:

“On study, the Nutrisystem® D™ program performed extremely well for overweight people with type 2 diabetes. We saw weight loss, blood sugar levels 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.

People on the Nutrisystem D program:

- Lost weight—upto 16 times more
- Lowered blood sugars—5 times more
- Lowered A1C—by 4%
- Lost inches off waistline—by 3 inches
- Lowered total cholesterol—by 27.9 mg/dL
- Lowered total triglycerides—by 42.7 mg/dL

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

“I think clinically tested because 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, partaking half in the Nutrisystem D program, half in the INDEX program, designed to help stabilize blood sugar levels.

Here’s how the Nutrisystem D program works:

- You order a 28-day program online or by phone.
- Food is delivered right to your door.
- You get a Nutritionist, breakfast, lunch, dinner, and snacks delivered each day.
- You also receive a Meal Planner, a Resource Guide and an On-the-Go Guide.
- Enter meals in just minutes with a weight maintenance calculator.
- 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.

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

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:

<table>
<thead>
<tr>
<th>Metric</th>
<th>Nutrisystem D participants</th>
<th>Control group participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight loss</td>
<td>42.7 mg/dL</td>
<td>20.9 mg/dL</td>
</tr>
<tr>
<td>Lowered total triglycerides</td>
<td>42.7 mg/dL</td>
<td>3.7 mg/dL</td>
</tr>
<tr>
<td>Lowered total cholesterol</td>
<td>0.9%</td>
<td>0.0%</td>
</tr>
</tbody>
</table>

**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, 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.

It’s clinically tested so you know it works.

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. The help makes losing simpler and keeps you feeling fuller longer.

### Nutrisystem D® Menu

#### Low-Glycemic Carb

- Good Carb
- High-Glycemic Carb

#### Food

- Cinnamon Bun Fudge Brownie
- Barbecue Pork Wrap
- Chicken Caesar Salad
- Cream of Broccoli Soup
- Cheese Tortellini
- Chicken and Dumplings
- Chicken Wrap
- Buffalo Chicken Wrap
- Cheese Ravioli
- Peanut Butter Cookie
- Cheese Reuben Sandwich
- Grilled Cheese Sandwich
- Cinnamon Bun
- Chicken Wrap

#### Guide

- 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. The help makes losing simpler and keeps you feeling fuller longer.

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 more. Plus, many more favorites like:
- Turkey • Almond Chicken • Chicken Stroganoff • Cheese Manicotti • Chicken Caesar Salad • Spaghetti • Chicken Parmesan • Cheese and Chips • Baked Potato
- Cheese Ravioli • Cheese Stuffed Bread • Cheese Reuben Sandwich • Grilled Cheese Sandwich
- Chocolate Chip Cookies • Barbecue Pork Wrap
- Cheese Manicotti • Cheese Stuffed Bread
- Cheese and Chips • Baked Potato
- Cheese Ravioli
- Cheese Stuffed Bread
- Barbecue Pork Wrap
- Cheese Reuben Sandwich
- Grilled Cheese Sandwich
- Chocolate Chip Cookies

#### Nutrisystem D® Plan

- You order a 28-Day program online or by phone.
- Food is delivered right to your door.
- You receive a Meal Planner, a Resource Guide and an On-the-Go Guide.
- 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.
- People on the Nutrisystem D® program work
- 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 meal each day.
- You also receive a Meal Planner, a Resource Guide and an On-the-Go Guide.
- 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.
- People on the Nutrisystem D® program work.

#### Nutrisystem®D™ is a LOW GLYCEMIC DIET.

- 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).
- There are now weigh-ins.
- 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.
- People on the Nutrisystem D® program work.

#### How does it work?

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

### What’s included with your FREE membership?

- Round-the-clock support from weight loss coaches
- Online tools, trackers, and meal planning
- Live chatsessions with registered dietitians
- Onlinetools, trackers, and meal planning
- Live chatsessions with registered dietitians

### Key Nutritional Information for the Nutrisystem D program:

<table>
<thead>
<tr>
<th>Women’s Plan</th>
<th>Men’s Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Calories</td>
<td>1200 – 1500</td>
</tr>
<tr>
<td>Total Fat</td>
<td>23.0 – 26.0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4.0 – 5.0%</td>
</tr>
<tr>
<td>Protein</td>
<td>32.0 – 34.0%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>50.0 – 54.0%</td>
</tr>
<tr>
<td>Fiber</td>
<td>20.0 – 24.0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>1900mg – 2200mg</td>
</tr>
</tbody>
</table>

### 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).
**Based on a survey conducted by the National Business Research Institute and that its satisfaction, say they love THE FOOD (August 2009), and funded by Nutrisystem.**

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 filled with good carbs and fiber, ensuring healthy whole grains. This helps fill you up quicker and keeps you feeling fuller longer.

**Nutrisystem D program for 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: Cinnamon Bun Fudge Brownie, Cheesy Meatballs, Baked Chicken Breast, Chicken Salad Sandwich, Mixed Green Salad, Cucumber Crisp, Chicken Caesar Salad, Turkey Meatball, and many more.**

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

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

People on the Nutrisystem D program:**

- **LOST WEIGHT—up to 18 more**
- **LOWERED BLOOD SUGARS—5 times more**
- **LOWERED A1C—by 4%**
- **LOST INCHES OFF WAISTLINE—by 3 inches**
- **LOWERED TOTAL CHOLESTEROL—by 20.9 mg/dL**
- **LOWERED TOTAL TRIGLYCERIDES—by 42.7 mg/dL**

- **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 pounds, and 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.

- **††In a 3-month clinical study at Temple University School of Medicine and published in the journal JAMA (Journal of American Medicine Association) on Nutrisystem D, you eat six times a day to help you stay satisfied and to help stabilize your blood sugar levels.**

**If you’re on a low-carb program or if you have a low-carb diet, please be aware that the Nutrisystem D program is not low-carb.**

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: 

- **On Nutrisystem D, you eat six times a day to help you stay satisfied and to help stabilize your blood sugar levels.**
- **Once you sign up, you have immediate, unlimited FREE MEMBERSHIP with access to:***
  - **Round-the-clock support from weight-loss coaches**
  - **Chat rooms, blogs, and discussion boards**
  - **Nutrisystem membership for it.**
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**Here’s what’s included with your FREE Membership with access to:**

**Low-Glycemic Carb High-Glycemic Carb

<table>
<thead>
<tr>
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<tr>
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<td></td>
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<td></td>
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<tr>
<td>122g</td>
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<td>2g</td>
<td>19g</td>
<td>1250</td>
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Nutrisystem D is a LOW GLYCEMIC CARB nutrition and “good carbs.”

**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 filled with good carbs and fiber, ensuring healthy whole grains. This helps fill you up quicker and keeps you feeling fuller longer.**

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**Average daily nutrition information for the Nutrisystem D program:**

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"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."

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