

MEDIFAST R Modified Protein Sparing Fast Patient Instructions

The dietary program you are following is called a medically supervised modified protein sparing fast. You will be using a dietary supplement called Medifast R that comes as a shake or a soup. You should consider these supplements as a medication and not food.

You will also eat regular food in limited amounts.

If you feel any side effects besides feeling constipated or a mild headache, eat some food, discontinue using the Medifast R, and call your doctor at 744-4611 or the dietitian at 744-5518.

You are probably used to eating more bulk, so it may seem a bit odd. Part of the value in using these supplements is that it will help you break old eating habits and give you the opportunity to build new healthy ones. You may feel a bit constipated. But since there is so little food in this diet, it is not unusual to have only a bowel movement 1-2 times per week. If you are uncomfortable, you may want to try a dose of sugar-free Metamucil as directed on the label. If you are uncomfortable, make sure you tell the dietitian, nurse, or doctor.

At first, you may experience an urge to urinate more frequently. This will subside as you continue with this plan.

Some women experience irregularities with their menstrual cycle when losing weight. These normally correct after weight loss. If you have questions ask your physician.

We consider walking a good method of physical activity. Try to walk briskly for 10 minutes at least 4 days of the week. You should be able to carry on a conversation while you walk or you are walking too briskly.

Alcohol is not permitted.

Your Medifast R plan includes:

1. Drink one Medifast packet _____ times per day. Use no more than 2 packets at a time. Mix with 6-8 ounces of water or sugar free diet soda. The drink tastes better if you mix it up and refrigerate it for 24 hours. Add crushed ice if desired. You may add extra no or low calorie sweeteners or flavoring extracts. Use at least 1 packet within 1 hour of waking.
2. The food you can eat during the first week is listed here. Ask your doctor or the dietitian what foods can be added each week. The food you eat should total no more than _____ calories per day.

- 2 cups of any of the following (alone or in combination); lettuce, spinach, greens, chicory, mushrooms, green pepper, onions, parsley, tomatoes, raw carrots, cucumbers, cabbage, celery, small radishes. These vegetables can be raw or steamed. You may add 1 tablespoon of vegetable oil as a dressing. You can use an unlimited amount of vinegar or spices.
- 6 ounces (weighed) of cooked lean meat, fish, poultry. Remove all skin, bone, fat. Broil, bake, boil pan fry with nonstick spray or oven bake.
- 8-10 glasses of water or no calorie drinks. Some people find it helpful to measure out the water at the beginning of the day.

Other comments: