

THE HEALTH PROFESSIONAL'S GUIDE TO WEIGHT MANAGEMENT

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Patient Priority

Losing Weight and Keeping It Off-it can be done

While people lose weight all the time, keeping it off seems to be the difficult part. The National Weight Control Registry (NWCR) was established in 1994, not to help people lose weight, but rather to study adults who had already dropped 30 pounds or more and kept it off for one year.



Need for a lifestyle change

The NWCR has tracked more than 5,000 participants who have beaten the odds of regaining lost weight and all said the key to their successful weight loss was to stop thinking of weight loss as dieting and instead think of it as a lifestyle change. Participants lost weight in a variety of ways, but to keep it off, researchers found they had key things in common—a commitment to a low-calorie, low-fat diet and a high level of physical activity.

How successful dieters avoid regaining those lost pounds

The registry's studies reveal key behaviors shared by these participants. Here are some of the behavioral trends noted among those successful in maintaining weight loss:

Lose weight to improve health

According to Suzanne Phelan, co-investigator with the registry and Assistant Professor at Brown University, motivation counts. She notes, "People with medical triggers (such as diabetes and heart conditions) are more successful over time."

Change both diet and activity levels

The specifics of members' methods varied widely, but 90% stepped up their exercise and improved eating habits at the same time. They are an active group. Walking is their most common fitness activity, followed by weight lifting, bicycling, and aerobic exercise. Most importantly, they keep up their exercise even after losing the weight.

Eat more often

Most registry members eat five times a day, which usually means breakfast, lunch, dinner, and two between-meal snacks.

Follow the diet consistently

Stick to what got you there. People regain weight when they eat a little more on the weekend than they do on weekdays or ease up on exercise or stop weighing themselves because they reached their goal or feel down. Those who stick to their diet regimen seven days a week maintain their losses better.

Monitor progress

Monitoring food intake and tracking success can be encouraging as well as helpful. Patients need to become aware of patterns that are problematic in order to change what isn't working. Most participants continue to follow a healthful diet even after losing weight.

Nip a small weight gain in the bud

Successful dieters catch a small weight gain (one or two pounds) and turn it around quickly. They make sure they continue to follow the steps that helped them achieve their weight loss and maintain it.

Stay upbeat

Staying upbeat seems to be a trait also shared by successful dieters.

Watch less television

Of the registry participants, 64% watch no more than 10 hours weekly, compared with 28 hours for the average American.

Eat breakfast

Almost 80% of those successful participants eat breakfast seven days a week. Most typical, was cereal with skim milk and fruit.

Sometimes feelings of sadness can spur one to ignore their diet and overeat. A positive outlook combined with constructive goal setting can help one achieve and maintain their healthy weight.

Those who continue to be successful at maintaining their loss find that it gets easier and that the reward for remaining vigilant in the long run is much greater than the short-term gratification of indulging.

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The Slim Fast Optima Diet Physical Activity Tools for Success Advice & Support eShop

My Meal Plan

Your personalized Slim-Fast Diet includes a variety of food choices, including great-tasting Slim-Fast products. The Slim-Fast Diets are designed to meet your specific needs and provide a balance of lean proteins, complex carbohydrates and healthy fat blends to help keep you satisfied so you can stick to your diet. Your meal plan is designed to include healthy snacks between meals to help keep your blood sugar stable and satisfy your hunger. Remember to use the **Substitute** option to personalize your plan further. If you would like to choose other healthy foods that are not part of your recommended meal plan, you can always use the nutrition log, which gives you access to thousands of foods!

Meals for the week of July 9, 2006 2100 Calorie Plan [Adjust my Calories](#)

[Remove checked items](#)

Sunday (Printable Version for the Day)

Breakfast	Snack #1	Lunch	Snack #2	Dinner	Snack #3
Slim•Fast Optima Ready to Drink Shake and Whole Grain Waffle	Apple and Peanut Butter	Slim•Fast Optima Powder Shake and Mozzarella Tomato Sandwich	Slim•Fast Optima Snack Bar & Banana	Gingered Broiled Tuna	Orange and Soy Nuts
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Monday (Printable Version for the Day)

Breakfast	Snack #1	Lunch	Snack #2	Dinner	Snack #3
Slim•Fast Optima Meal Bar and Yogurt	Pineapple and Cottage Cheese	Slim•Fast Optima Ready To Drink Shake and Turkey Sandwich	Slim•Fast Optima Snack Bar & Raisins	Glazed Chicken and Acorn Squash	Banana with Peanut Butter
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Tuesday (Printable Version for the Day)

Breakfast	Snack #1	Lunch	Snack #2	Dinner	Snack #3
Slim•Fast Optima Meal Bar with Yogurt and Berries	Pretzels and Carrots	Slim•Fast Optima Meal Bar and Citrus Spinach Salad	Slim•Fast Optima Snack Bar & Sweet Cranberries	Broiled Fish Kabobs	Graham Crackers with Banana

Member Benefits

- » [Meal Plan](#)
- » [Nutrition Tracker](#)
- » [Activity Log](#)
- » [Weight Chart](#)
- » [Diary](#)
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My Slim•Fast

My Meal Plan

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Slim-Fast Optima Shakes

Optima Mango
and 4 Bars

Go to Products



[[substitute](#)] [[substitute](#)] [[substitute](#)] [[substitute](#)] [[substitute](#)] [[substitute](#)]
 Remove Remove Remove Remove Remove Remove

Wednesday (Printable Version for the Day)

Breakfast	Snack #1	Lunch	Snack #2	Dinner	Snack #3
Slim•Fast Optima Meal Bar with Milk and Orange	Raisins and Almonds	Slim•Fast Optima Meal Bar and Turkey Sandwich	Strawberries, Cheese & Banana	Dilled Salmon	Peaches and Cottage Cheese
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Thursday (Printable Version for the Day)

Breakfast	Snack #1	Lunch	Snack #2	Dinner	Snack #3
Slim•Fast Optima Powder Shake and English Muffin	Crackers and Hummus	Slim•Fast Optima Ready To Drink Shake and Peanut Butter Jelly Bagel	Slim•Fast Optima Snack Bar & Banana	Stuffed Green Pepper	Raisins and Peanuts
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Friday (Printable Version for the Day)

Breakfast	Snack #1	Lunch	Snack #2	Dinner	Snack #3
Slim•Fast Optima Ready To Drink Shake and Peanut Butter Toast	Raisins and Peanuts	Slim•Fast Optima Meal Bar and Citrus Spinach Salad	Slim•Fast Optima Snack Bar & Raisins	Spinach Pita- Pizza	Banana, Berries and Yogurt
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Saturday (Printable Version for the Day)

Breakfast	Snack #1	Lunch	Snack #2	Dinner	Snack #3
Slim•Fast Optima Meal Bar and Banana	Strawberries, Yogurt & Crackers	Slim•Fast Optima Meal Bar and Turkey Sandwich	Strawberries, Yogurt & Crackers	Healthy Choice®, favorite meal	Raisins and Soy Nuts
[substitute] <input type="checkbox"/> Remove	[substitute] <input type="checkbox"/> Remove	[substitute] <input type="checkbox"/> Remove	[substitute] <input type="checkbox"/> Remove	[substitute] <input type="checkbox"/> Remove	[substitute] <input type="checkbox"/> Remove

[Remove checked items](#)

Please periodically retake the Lifestyle Questionnaire as your weight and/or exercise intensity changes to insure you are receiving the correct recommended calorie level.

Please be aware that any changes you make when updating information in the lifestyle questionnaire can change your recommended calorie level, food choices in your Weekly Meal Plan and past foods logged (if they were not saved) in your Nutrition Log.

Last Week

Next Week

[Print all Meals](#)

[Print all Dinners Only](#)

[printer-friendly version](#)

Every individual is different and will experience different results when following the Slim-Fast Plan. If you want to lose weight and are under 18, pregnant, nursing, following a diet recommended by a doctor, have health problems or want to lose more than 30 pounds, see a doctor before starting the Slim-Fast Plan or any diet. Do not lose more than two pounds per week after the first week. Rapid weight loss may cause health problems. Also, do not use Slim-Fast as a sole source of nutrition and eat at least 1,200 calories per day.

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ask the dietitian

Slim-Fast [Registered Dietitians](#) are here for you. Look forward to receiving a personalized response to your question in your email in 3-5 business days! If you would like a more immediate response, please call us toll free at 1-800-SLIMFAST 9:00 AM to 5:30 PM ET Mon-Fri. We look forward to hearing from you!

If you would like a response to your question, please enter your e-mail address.

Your E-mail:

Phone #:

First Name:

Last Name:

Address:

City:

State:

Zip/Postal Code:

Question:

Member Benefits

- » Meal Plan
- » Nutrition Tracker
- » Activity Log
- » Weight Chart
- » Diary
- » Recipes

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Slim-Fast Optima Shakes

Control Hunger: up to 4 hrs



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Advice & Support

FREE Online support around the clock and personal advice just a phone call away. Everyone needs support and advice when losing weight.



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food exchanges

meal options

Slim • Fast Ready To Drink (RTD) Shake
Milk based, all flavors - 11 fl oz can
2 carbohydrate, 1 fat free milk

Slim • Fast RTD with Soy Protein Shake
Juice based, all flavors - 11.5 fl oz can
3 carbohydrate

Slim • Fast RTD with Soy Protein Shake
Chocolate; Vanilla - 11 fl oz can
2½ carbohydrate, 1 very lean meat

Slim • Fast Regular & Ultra Powder Shake
All flavors - 1 scoop with 8 fl oz fat free milk
1½ carbohydrate, 1 fat free milk

Slim • Fast Powder with Soy Protein Shake
All flavors - 2 scoops with 8 fl oz
cold water
2 carbohydrate

Slim • Fast Meal On-The-Go® Bar
All flavors - 1 bar
2½ carbohydrate, ½ fat

Slim • Fast Chewy Granola Meal Bar
All flavors - 1 bar
2½ carbohydrate, ½ fat

Slim • Fast Deliciously Layered Meal Bar
All flavors - 1 bar
2½ carbohydrate, ½ fat

Slim • Fast High Protein Meal Bar
All flavors - 1 bar
1½ carbohydrate, ½ fat,
2 very lean meats

Slim • Fast Breakfast & Lunch Bar
All flavors - 1 bar with 8 fl oz fat free milk
1½ carbohydrate, 1 fat free milk, ½ fat

Slim • Fast Pasta and Sauce
Shells and Cheese; Fettuccine Alfredo -
1 serving
2½ carbohydrate, 1 fat

Slim • Fast Pasta and Sauce
Rotini with Tomato and Italian Herb -
1 serving
3 carbohydrate

Slim • Fast Creamy Soup
Potato Cheddar and Chive - 1 serving
2½ carbohydrate, ½ fat

Slim • Fast Creamy Soup
Chicken Flavored; Broccoli - 1 serving
2 carbohydrate, 1 fat

snack options

Slim • Fast Snack Bar
All flavors - 1 bar
1½ carbohydrate, ½ fat

Slim • Fast Low Fat Ice Cream Sandwich
Vanilla; Chocolate - 1 serving
2 carbohydrate

Slim • Fast Low Fat Frozen Fudge Bar
1 serving
1½ carbohydrate

SOY

SlimFast
4pk Dairy (Steel)

MeadWestvaco Packaging Division

Color	Material	Quantity	Notes
Blue	PP	1000	Top Flap
Blue	PP	1000	Side Panel
Blue	PP	1000	Bottom Panel
Blue	PP	1000	End Panel
Blue	PP	1000	Top Flap
Blue	PP	1000	Side Panel
Blue	PP	1000	Bottom Panel
Blue	PP	1000	End Panel
Blue	PP	1000	Top Flap
Blue	PP	1000	Side Panel
Blue	PP	1000	Bottom Panel
Blue	PP	1000	End Panel

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filling up on fluids



The days are now longer, and the sun is starting to keep us outdoors more. With the warmer weather coming, you may begin enjoying more recreational activities. It's easier to exercise and spend time working outside in the garden. Toiling in the heat may cause you to sweat more, and just like clockwork, you reach for fluids to replenish any losses. But, wait! Liquids may contain calories too,

and we know that excess calories cause weight gain over time. So, which fluids are good for weight control?

If we rank them by importance, plain water rests at the top. Right out of the tap, it's inexpensive and convenient. If your water has an off-odor or taste, refrigerate it or buy a pitcher with a filtering device. Replace the filter as per the manufacturer's recommendations because leaving it in the pitcher too long may result in an overgrowth of organisms.

Apart from tap or home-filtered water, it's okay to buy bottled water. Avoid the bottled waters with vitamins, minerals and herbal products added to them. These are too costly for the amount of nutrients you get and you would be better off buying a standard multivitamin.

Next on the list is flavored water. These are great alternatives for people who dislike the taste of plain water and usually they contain zero or negligible calories. Ingredients should be listed as water and some type of flavoring—such as orange, raspberry or lime—and that's it. If you see calories on the nutrition facts label, skip that brand and move to the next. Furthermore, if the label says sugar, corn syrup, or honey, put back that product too. The flavored seltzers are quite satisfying without any sugar added.

Sports drinks are an alternative for elite athletes, like long distance runners, or people playing vigorous sports. Unless you are expending a great deal of energy and sweating profusely for hours, most likely you don't need a sports drink. And besides, they are sweetened and contain a lot of calories.

Find the Right Plan for you...
It's FREE!

Enter your Current Weight

LB

Slim-Fast Optima Shakes

Control those up to 4 lbs

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