



Healthy Solutions[®] Diet Information for Primary Care Physicians

The following material provides background information to assist primary care physicians in determining whether to give clearance to their patients' participation in the HMR Healthy Solutions diet program.

This program combines a structured diet plan with lifestyle education to help patients lose weight and manage their weight loss. Participants learn about balancing calories, increasing physical activity, and developing healthy lifestyle behaviors.

- The Healthy Solutions diet consists of taking a minimum of three (3) HMR Shakes/Soup, two (2) HMR Entrees, and five (5) one-cup servings of fruits and vegetables daily. This provides:

1. Calories: Approximately 1,200 calories or more daily from the following sources:

1. HMR Shakes & Soup - 300-480 calories (average 390) 31% intake
2. HMR Entrees - 300-540 calories (average 410)..... 33% intake
3. Five one-cup or whole piece servings of fruits and vegetables - 450 calories 36% intake

Note: Grains, except for those contained in the HMR Entrees, and added fats are not included in the weight-loss phase of the diet.

2. Nutrition Information: The following information is based on the average macronutrient values for fruit and vegetable exchanges from the ADA. Three cups of vegetables will yield an average of 30 grams carbohydrate and 12 grams protein; two cups of fruits will yield an average of 60 grams carbohydrate. Based on these values, and due to the variety of HMR Entrees and Shakes the individual may select from, the average daily nutrient content profile of the diet is as follows:

1. Fat 9% of calories
2. Protein 26% of calories
3. Carbohydrate 65% of calories
4. Sodium 2200-2600 mg daily
5. Calcium 950-1120 mg daily
6. Fiber 25-30 grams daily, primarily dietary fiber; sources of soluble fiber are limited to the fruits and vegetables consumed
7. Vitamins & Minerals 100-120% RDA daily

- Patients undergoing the weight-loss regime will experience an initial diuresis. We encourage them to drink two quarts of non-caloric fluids daily, in addition to what is contained in the HMR Shakes. Certain medical conditions and/or medications may be affected by the patient's hydration status, and should be followed closely.
- The HMR Program for Weight Management[™] places an emphasis on patient compliance for long-term success. To aid patient compliance with staying on the diet, HMR strongly encourages patients to eat extra meal replacements and vegetables and fruits. This "More Is Better[™]" approach yields a higher calorie and nutrient content, increases diet compliance substantially, and leads to greater weight loss overall.