



Medifast
for
Vegetarians



From Medifast's Director of Nutrition

Achieving optimal health and weight control is not always a “one-size-fits-all” equation. Lifestyle choices and medical conditions can affect both your food preferences and requirements, which in turn have an impact on how you can best lose weight.

The Nutrition Support team at Medifast has created additional programs to meet individual needs and accommodate a range of medical conditions and lifestyles.

Medifast began with physicians and other health care professionals developing a safe, effective weight-loss method with lasting results. Decades later, the program and products continue to evolve. We thank you for choosing Medifast.

People who choose to follow a vegetarian lifestyle can meet their weight-loss goals with Medifast—while getting excellent nutrition.

In general, vegetarianism is a healthy lifestyle choice. Vegetarians have been shown to have lower rates of blood pressure, type 2 diabetes, and prostate and colon cancer. Compared with non-vegetarians, those who avoid meat, poultry, and seafood also tend to eat lower amounts of saturated fat and cholesterol, and higher amounts of fiber, magnesium, potassium, folate, and antioxidants such as vitamins C and E.¹

The American Dietetic Association has suggested that fortified foods like Medifast Meals can be helpful in meeting recommendations of individual nutrients for those on a vegetarian meal plan. So whether for weight loss or weight maintenance, Medifast Meals are a great choice for vegetarians!

Defining “vegetarian”

A vegetarian is a person who chooses to not eat meat, fish, fowl, or products containing these foods. Reasons for this choice may include health, ecological, religious, or economic concerns, as well as compassion for animals.

Types of vegetarians include:

Lacto-vegetarians (from the Latin “lacto,” meaning “milk”), who eat milk and milk products but exclude eggs.

Ovo-vegetarians (from the Latin “ovo,” meaning “egg”), who eat eggs but exclude milk and milk products.

Lacto-ovo vegetarians, who eat both milk products and eggs. This is the most common form of vegetarianism in the United States.

Vegans, who exclude ALL animal-derived foods (including meat, poultry, fish, eggs, and dairy products) from their diets and may also avoid other animal-derived products such as wool, silk, or leather.

Medifast Meals do not support the needs of a vegan lifestyle because they contain either egg or dairy ingredients.

¹The American Dietetic Association. “Position of the American Dietetic Association and Dietitians of Canada: vegetarian diets.” *J Am Diet Assoc.* 2003; 103: 748-765.

Vegetarian Nutrition

The ideal vegetarian meal plan supports good health and overall nutritional status. Eating five Medifast Meals a day provides at least 100 percent of the daily value for 24 vitamins and minerals (including vitamin B-12, vitamin D, iron, zinc, calcium, and riboflavin).

Some vegetarians may be concerned about consuming adequate levels of protein, vitamin B-12, vitamin D, iron, zinc, calcium, riboflavin, and omega-3 fatty acids. Following a well-designed meal plan can help ensure that vegetarians get these nutrients without compromising their lifestyle choice.

Following the Medifast 5 & 1 Plan with meatless Lean & Green Meal options can provide at least 72 grams per day of high quality protein from non-animal sources.

Vegetarians can get heart-healthy omega-3s through non-meat sources like ground flaxseed or flaxseed oil. "Designer" products like omega-3-enriched eggs are also available and can be included as part of the Medifast 5 & 1 Plan or a healthy maintenance meal plan.

Medifast for Vegetarian Lifestyles

Medifast Meals and other products:

- ◆ Medifast has many vegetarian-friendly products.
- ◆ Medifast's vegetarian-friendly products may contain egg and/or dairy, but do not contain meat, fish, fowl, seafood, or any such derivatives as ingredients.

The Lean & Green Meal:

- ◆ Many typical vegetarian or meatless protein sources (legumes, nuts, and seeds, for example) are too high in carbohydrates to be included on the Medifast 5 & 1 Plan.
- ◆ Our Lean Options List and our Meatless Options List provide vegetarian-friendly suggestions for the "lean" portion of your Lean & Green Meal.

MEATLESS OPTIONS

You don't have to be a vegetarian to enjoy meatless Lean & Green Meals! The following list provides alternative "lean" choices other than meat. **Please note: Meatless options generally provide more carbohydrates than a typical serving of lean meat.** The options below have been organized to reflect their relative carbohydrate levels. To help ensure that you remain within the fat-burning state when incorporating meatless options, we recommend eliminating your optional snack, reducing the number of carbohydrate-containing condiments you consume, choosing vegetables from the lower-carbohydrate section of the Green Options list, and consuming lower-carbohydrate Medifast Meals (examples include Fruit Drinks, Cream of Chicken Soup, Cream of Broccoli Soup, Chicken Noodle Soup, Scrambled Eggs, Plus for Diabetics Shakes, Plus for Joint Health Shakes, and Plus for Coronary Health Shakes). We update our Meatless Options List periodically to reflect changes in nutritional information from the manufacturer. Please ask your Counselor for an updated version.

MSF= Morningstar Farms® YVC=Yves® Veggie Cuisine Sodium levels for meatless portions are represented: ✓=250 mg of sodium*

LEANEST: 2 Healthy Fat servings needed.	LEANER: 1 Healthy Fat serving needed.	LEAN: No Healthy Fat servings needed.	LEVEL CARBOHYDRATE
<ul style="list-style-type: none"> • 14 egg whites ✓✓✓ • 2 cups (16 oz) EggBeaters® ✓✓✓✓ • 2 cups (16 oz) AllWhites® ✓✓✓ 	<ul style="list-style-type: none"> • 2 whole eggs + 4 egg whites ✓ • 2 whole eggs + 1 cup EggBeaters® ✓✓ • 6 oz (1-½ cups shredded) low-fat cheese ✓✓ (1-1.5 oz grams fat/oz) 	<ul style="list-style-type: none"> • 3 whole eggs ✓✓ • 4 oz (1 cup shredded) moderate-fat cheese ✓✓✓ (3-6 grams fat/oz) • 2 MSF Grillers Prime® Veggie Burgers ✓✓✓ 	
<ul style="list-style-type: none"> • 1-½ cups (12 oz) 1% Cottage Cheese ✓✓✓✓✓ • 2 Boca® Meatless Burgers Original ✓✓✓ 	<ul style="list-style-type: none"> • 6 MSF Veggie Sausage Links ✓✓✓✓ • 15 oz Mori-Nu® Silken Extra Firm Tofu ✓ • 3 MSF Veggie Sausage Patties (regular or maple) ✓✓✓ 	<ul style="list-style-type: none"> • 8 oz (1 cup) part-skim ricotta cheese ✓ (2-3 grams fat/oz) • 15 oz Mori-nu® Silken Firm Tofu ✓ • 3 Boca® Cheeseburger patties ✓✓✓✓ • 2 Boca® All American Flame Grilled Burgers ✓✓ (71 gram patty serving size) 	
<ul style="list-style-type: none"> • 2 MSF Grillers® Vegan Burgers ✓✓✓ • 2 Boca® Grilled Vegetable Burgers ✓✓✓ • 2-½ YVC Lemon Herb Chicken Skewers ✓✓✓✓✓ • 1 pkg YVC Heart's Desire Meatless Beef Strips ✓✓✓ • 1 pkg YVC Heart's Desire Meatless Chicken Strips ✓✓✓✓ • 10 YVC Heart's Desire Meatless Smoked Chicken Slices ✓✓✓✓✓ • 10 YVC Heart's Desire Meatless Deli Turkey Slices ✓✓✓✓ 	<ul style="list-style-type: none"> • 24 MSF Meal Starters™ Chik'n Strips ✓✓✓✓ • 2 cups MSF Meal Starters™ Sausage Style Recipe Crumbles™ ✓✓✓✓✓ • 2 cups MSF Meal Starters™ Grillers™ Recipe Crumbles™ ✓✓✓ • 1-½ cups (12 oz) 2% cottage cheese ✓✓✓✓✓ • 2-½ YVC Meatless Chicken Burgers ✓✓✓✓ • 3 Quorn® Naked Chik'n Cutlets ✓✓✓✓✓ • 8 YVC Meatless Roast without the Beef Slices ✓✓✓ 	<ul style="list-style-type: none"> • 2 MSF Tomato & Basil Pizza Burgers ✓✓ • 2 MSF Grillers® Original Burgers ✓✓ • 15 oz Mori-nu® Silken Soft Tofu • 2 Veggie Patch® Bistro au Naturel™ Family Size Meatless Garlic Portabella Burgers ✓✓✓ (91 gram patty serving size) • 12 Veggie Patch® Meatless Meatballs ✓✓✓✓ • 12 Trader Joe's® Meatless Meatballs ✓✓✓✓ 	

Brand name products are subject to changes in ingredients and nutritional composition by their manufacturers. These products are only suggestions. A product is appropriate on the Medifast Program if the nutritional information meets the requirements listed in this chart:

	5 & 1 Plan	"Lean" portion of Lean & Green Meal
Calories	800-1,000	250-300
Fat	at least 10g but less than 30g	N/A
Protein	more than 70g	more than 25g
Carbs	less than 100g	less than 15g (the lower, the better)

*Levels are approximated. Current dietary recommendations for sodium is less than 2300 mg/day for most individuals and less than 1500 mg/day for individuals with special health or dietary concerns. Boca® Burger is a registered trademark of Boca Foods Co. Mori-Nu® is a registered trademark of Morinaga Milk Industry Co. Morningstar Farms® is a registered trademark of Kellogg Co. Yves® Veggie Cuisine is a registered trademark of Yves Veggie Cuisine, Inc. Quorn® is a registered trademark of Marlow Foods Limited. Veggie Patch® is a registered trademark of Food Tech International, Inc. Trader Joe's® is a registered trademark of Trader Joe's Company.

Vegetarian-friendly Medifast products

Ovo-vegetarian (ovo-vegetarians consume eggs, but not milk):

- Ready-to-Drink Shakes (all flavors)
- Oatmeal (Apple Cinnamon, Blueberry, Maple & Brown Sugar)
- Scrambled Eggs
- Other products (not Medifast Meals):
 - Flavor Infusers™ (all flavors)
 - Crackers (all flavors)
 - Soy Crisps (Apple Cinnamon)
 - Brownie with real chocolate chips*

*May contain milk.

Lacto-vegetarian (lacto-vegetarians consume milk, but not eggs):

- Medifast 55 and 70 Shakes (all flavors)
- Ready-to-Drink Shakes (all flavors)
- Crunch Bars (all flavors)
- Maintenance Bars (all flavors)
- Oatmeal (all flavors)
- Puddings (all flavors)
- Cream of Tomato Soup
- Fruit Drinks (all flavors)
- Iced Teas (all flavors)
- Hot Drinks (all flavors)
- Pretzel Sticks (all flavors)
- Cheese Puffs (all flavors)
- Specialty Shakes:
 - Plus for Appetite Suppression Shakes (Chocolate)
 - Plus for Diabetics (Chocolate, Strawberry)
 - Plus for Coronary Health (all flavors)
 - Essential1: Calorie Burn Meals (all flavors)
 - Essential1: Antioxidants (all flavors)
- Other products (not Medifast Meals):
 - Flavor Infusers™ (all flavors)
 - Crackers (all flavors)
 - Soy Crisps (all flavors)

Lacto-ovo vegetarians can use ANY of the Medifast products listed above.



Sample Meal Plans for Lacto-ovo vegetarians



Day 1:



Breakfast: Medifast Scrambled Eggs

Mid-morning: Medifast Apple Cinnamon Oatmeal

Lunch: Medifast Caramel Crunch Bar

Mid-afternoon: Medifast French Vanilla Shake

Dinner: 1-½ cups 2% cottage cheese over 1 cup romaine lettuce (or other salad greens) and ½ cup cucumber, drizzled with 1-2 Tbsp balsamic vinaigrette (Healthy Fat serving); serve with ½ cup steamed broccoli on the side

Evening: Medifast Chocolate Pudding



Day 2:



Breakfast: 2 whole eggs plus 4 egg whites made into an omelet with ½ cup cooked spinach, ½ cup diced tomatoes, and ½ cup diced bell peppers, 5-10 green or black olives

Mid-morning: Medifast Honey Mustard Pretzel Sticks

Lunch: Medifast Cream of Tomato Soup

Mid-afternoon: Medifast Tropical Fruit Punch

Dinner: Medifast Dutch Chocolate Shake

Evening: Medifast Cappuccino

Other helpful resources for information on vegetarianism:

- ◆ Medline Plus: <http://www.nlm.nih.gov/medlineplus/vegetariandiet.html>
- ◆ Food and Nutrition Information Center, USDA: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/vegetarian.htm>
- ◆ Vegetarian Resource Group: <http://www.vrg.org>



For more information about this specialized program, call (800) 509-1281.

MED
LISTED
NYSE



Medifast for Vegetarians © 2010: Medifast, Inc. Owings Mills, Maryland
MD-GUI0510_Vegetarian