



Medically Supported Weight Loss: Overview and General Nutrition Guidance

Obesity is a chronic disease, management of which is primarily approached with weight loss. Medically supported weight loss (MSWL) combines the use of weight loss medications, or when appropriate surgical interventions, with nutrition, exercise, and lifestyle behavior modifications. MSWL is provided under the guidance of a healthcare team that encompasses Physicians, Nurses, Dietitians, Counselors, and other professionals.

Clinical trials with the new anti-obesity medications show that they are far more effective in helping people lose weight than the previous weight loss medications. General guidance for individuals on these medications includes a reduced calorie, nutrient dense diet along with physical activity and behavior modification.

OPTAVIA's Program, Plans and Products can be complementary to the weight loss medications, by offering a holistic approach to obesity management.

At **OPTAVIA®**, our mission is to offer the world Lifelong Transformation, One Healthy Habit at a Time®. Many of our Clients come to us first for weight loss, which acts as a catalyst for larger, holistic lifestyle changes. Dr. A's Habits of Health® Transformational System provides a pathway for developing sustainable habits that can help support long-term health. An individual's genetic, metabolic, hormonal, behavioral and other environmental factors may make losing weight and keeping it off more difficult. For those Clients, weight loss medications in combination with proper nutrition, behavior, and lifestyle modifications, could help them achieve their health goals.

General Nutrition Guidance

There is no one diet for individuals utilizing weight loss medications. The 2020-2025 Dietary Guidelines for Americans recommends the following for general healthy eating:

- Build balanced meals that include a variety of foods from all food groups, including fruits, vegetables, whole grains, protein, and low-fat or fat-free dairy products
 - For recommendations on food options, serving sizes and other helpful tips, refer to **OPTAVIA's** Healthy Exchange List
- Consume a variety of protein foods such as lean meats, eggs, seafood, beans, lentils, and soy products
- Choose higher fiber foods such as spinach, broccoli, beans, raspberries, and oatmeal
- Limit foods and beverages high in added sugars, saturated fat, and sodium
- Drink plenty of water for adequate hydration

Considerations for MSWL Clients

- Eat small, balanced meals every 2-3 hours
- Choose nutrient-dense foods with less volume if you are having difficulty eating
- Include high-quality protein with each meal
- Incorporate a Lean & Green™ Meal, which consists of lean protein, non-starchy vegetables and healthy fats
 - [Lean & Green Explained](#)
 - [Lean & Green Recipes](#)
- Keep a food journal to help ensure adequate intake
- Incorporate a daily multivitamin and mineral supplement* from a reliable source to support overall health

* We recommend Clients consult their healthcare provider for personalized nutrition guidance and if starting any dietary supplements.

We recommend Clients consult with their healthcare provider about the **OPTAVIA Plans and Products to ensure they are appropriate for the individual's needs. To view our complete Medical Disclaimer click [here](#).



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It is important for Clients to consistently check-in with their healthcare provider to ensure they are getting adequate nutrition given their reduced appetite.

We recommend Clients share the [Overview for Healthcare Providers](#) and [OPTAVIA Medical Disclaimer](#) with their healthcare provider.**

OPTAVIA Plans and Kits

As Clients lose weight, getting the proper nutrition is key. **OPTAVIA** Plans and Products provide high-quality protein. Consuming adequate amounts of high-quality protein, distributed evenly throughout the day, is important for retaining lean muscle mass during weight loss.

OPTAVIA offers clinically proven Plans, including the [Optimal Weight 5 & 1 Plan](#)® and the [Optimal Weight 4 & 2 & 1 Plan](#)® as an option for Clients utilizing weight loss medications.* **OPTAVIA ACTIVE**® Plans are also an option, providing additional muscle support with **OPTAVIA ACTIVE** EAAs.

Alternatively, we offer the following kits as a complement to balanced nutrition. These kits provide convenient sources of high-quality protein as Clients build a foundation for healthy eating.



OPTAVIA Nutrition Kit for Medically Supported Weight Loss

For Clients seeking convenient sources of high-quality protein and additional vitamins and minerals.

Clients may consume 2 **OPTAVIA** Fuelings + 2 servings of **OPTAVIA ACTIVE** Whey Protein in addition to their balanced, nutritious diet each day.**



OPTAVIA Muscle Health Kit for Medically Supported Weight Loss

For Clients seeking a convenient source of high-quality protein. Clients may consume up to 3 servings of **OPTAVIA ACTIVE** Whey Protein in addition to their balanced, nutritious diet each day.**

Reference:

U.S. Department of Agriculture & U.S. Department of Health and Human Services. (2020). *Dietary Guidelines for Americans, 2020-2025*.

*We recommend you consult with your healthcare provider about the **OPTAVIA** program to ensure it is appropriate for your individual needs. **OPTAVIA**'s Nutrition Kit and Muscle Health Kit for Medically Supported Weight Loss are designed to complement a balanced, nutritious diet and do not provide adequate nutrition alone. To view our complete Medical Disclaimer click [here](#).

An independent **OPTAVIA Coach's guidance and support do not in any way constitute medical advice or substitute for medical treatment. The healthcare provider is solely responsible for recommending, prescribing, adjusting and following up with Clients regarding any medications they may be taking.