



INTRODUCTORY MODULE

INTRODUCING RAINIER MEDICAL LOW CALORIE DIET (LCD)

Welcome to Rainier Medical Low Calorie Diet (LCD)—a program that will help you lose weight and live a healthy life for years to come! We're glad you're here and ready to begin.

Losing weight healthfully is more than just cutting calories. In fact, research shows that losing weight by dieting alone doesn't work, at least not in the long run. To manage your weight for a lifetime, you need to make permanent changes in your eating and exercise habits and the role food plays in your life. The Rainier Medical LCD offers weekly group meetings that provide you with the support and skills needed to help you manage your weight. These meetings, led by our experienced staff, are offered during all four phases of the Rainier Medical LCD.

Phase 1

SCREENING

Congratulations—you've completed the screening phase and are on your way to a new healthier you!

Phase 2

REDUCING

During the second phase of the program you'll consume two to three servings of the Rainier Medical meal replacement product, eat one meal and perhaps a snack. This may vary depending on your individualized calorie needs. The Rainier Medical products have been carefully formulated to be complete meal replacements.

Phase 3

ADAPTING

When you're nearing your weight loss goal, you will enter the Adapting Phase where you'll gradually decrease the use of Rainier Medical meal replacement products and begin to add more food to your daily diet. The goals of this phase are to return to eating regular foods and to consume the right amount of calories so that you stop losing, but continue to manage, your weight.

Phase 4

SUSTAINING

In this final phase of the program, you'll eat three meals and possibly a snack of regular food each day. Here you can practice your new lifestyle and weight management skills under the guidance of the Rainier Medical support staff. You'll continue to work with a dietitian to adjust your calories and meal plan, so you can maintain your new body weight and meet your nutritional needs. During the Sustaining Phase, it's important to continue attending your classes. A combination of regular activity, sensible eating, and continued support from others can help you maintain your weight loss.

For best results, you need to commit to all four phases of the Rainier Medical LCD. Think of the program as one long stretch of highway where the road conditions and driving rules change along the way, but the road keeps on going. There's a definite starting point, but an ambiguous "finish line" because weight management is a life-long process.

Facts About the Rainier Medical LCD Program

Q: How do I lose weight on the program?

A: The Rainier Medical LCD is designed for individuals with less than 40 pounds to lose. During the Reducing Phase of the Rainier Medical LCD, you'll consume nutritionally fortified meal replacement products, possibly a snack (depending on your calorie level) and one regular meal a day. Weekly classes, led by our experienced staff, complement the diet, giving the support and guidance needed to help you manage your weight.

Q: What is covered during the group meetings?

A: **Behavior Modification.** This component of the program helps you identify and change behaviors that led to overeating. You'll learn how to get support from others and deal with situations that could challenge your weight loss efforts. The Behavior modules, which you'll receive at your group meetings, will help reinforce what you learn each week.

Nutrition Education. Through discussions with staff and other group members, you'll learn how to make food choices that will help you manage your weight. Additionally, the Nutrition modules offer practical information on healthful eating and good nutrition, which is so important while losing weight.

Exercise. The exercise component of the program helps you build physical activity into your day. With the support of your exercise specialist, you'll learn how regular physical activity can benefit your weight-control efforts.

Q: What are the health benefits of losing weight?

A: For overweight individuals, losing weight (as little as 5 to 10 percent of initial body weight) can improve health by lowering high blood pressure, blood glucose levels and cholesterol levels.

Q: How many calories will I be consuming?

A: Your energy, or calorie needs depend on a number of factors, including your current weight, activity level, age and sex. Based on these needs, your eating plan on the Rainier Medical LCD will range from 900 to 1,100 calories per day. Your dietitian will help determine the proper calorie level for you and may recommend a calorie level up to 1,800 and/or a multivitamin/mineral supplement, if needed.

Q: How much weight can I expect to lose?

A: It is generally safe to lose up to one or two pounds a week. When you first start reducing, you may lose more than two pounds because you're losing water. That's normal. But after a few weeks, if you lose more than two pounds a week on average, you may lose valuable muscle tissue and feel weak and tired.

Q: What are the Rainier Medical products?

A: Rainier Medical meal replacement products have been carefully formulated to help you maintain good nutrition while losing weight. The products come in a variety of flavors and categories and are available in convenient single-serving packets.

One serving of our Rainier Medical meal replacement products provides at least 1/3 of the Reference Daily Intake, or RDI, which are government standards that help you meet your vitamin and mineral requirements. Each serving contains 200-210 calories, 16-27 grams of protein and only 5-6 grams of fat.

Q: How can consuming the Rainier Medical meal replacement product help me control my weight?

A: During the Reducing Phase, the meal replacement product typically replaces two meals each day. Using structured meal replacements means fewer meals to plan as you lose weight and more time to learn the skills needed to eat healthfully and manage your weight. During the Adapting Phase, the meal replacement product helps you transition into eating three meals a day. In the Sustaining Phase, the meal replacement product can be used when needed to get your eating back on track and help keep your weight under control.

Q: What kind of snacks can I eat while on the program?

A: Almost all foods can fit into your Rainier Medical LCD as long as you keep in mind variety, balance and moderation. Plus, there are many great tasting yet nutritious foods available today. Your center can provide you with healthy snack options.

Q: How do I know what to eat on the program?

A: The number of Rainier Medical meal replacement products, meals and snacks that you can eat depends on your daily calorie needs. Your dietitian will help tailor an eating plan that's right for you.

To make meal planning easier, you'll learn how to choose your foods based on the *Food Lists for Diabetes & Weight Management*, a meal planning system that can be applied for life. This system eliminates calorie counting, yet ensures that your meals are nutritionally balanced and meet your calorie needs.

The system uses lists of foods grouped together because of their similarities in calories, protein, fat and carbohydrates. You can choose one serving of food for another in the same food group without changing your overall daily calories or nutrients. More detailed information can be found in *How to Reference the Food Lists for Diabetes & Weight Management* module.

Q: How can I adapt the Rainier Medical LCD to fit my lifestyle?

A: Let's say you are following a 1,200-calorie reducing plan that consists of three servings of Rainier Medical meal replacement product and one meal each day. You can vary when you consume the meal replacement product during the day. For instance, on weekdays, you may prefer to consume a serving of the meal replacement product for breakfast, lunch, and mid-afternoon snack, and eat dinner with your family. On the weekends, you may want to enjoy a leisurely breakfast, and then consume your meal replacement product for lunch, dinner and evening snack.

Getting Started on the Rainier Medical LCD

- Space your Rainier Medical meal replacement products, meal and snack throughout the day. To maximize meal satisfaction, choose foods that are filling, like raw vegetables, fruit instead of juice, and two slices of reduced-calorie bread instead of one slice of regular bread.
- Keep track of what and when you eat to see how you're following the program and if you need to make any changes in your food choices.
- Pay attention to portions. Weigh or measure your food at first, to get a sense of the correct portion size. Periodically, check your portions against the *Food Lists for Diabetes & Weight Management* serving sizes to make sure the amounts you're eating are accurate.
- Eat a variety of foods at your meal. It makes eating more enjoyable and helps you get a healthful mix of nutrients.
- Eat slowly. Eliminate distractions, like watching TV or reading the newspaper while eating. Place healthful foods, like low fat yogurt, fruits and vegetables in the front of the refrigerator. Keep tempting, higher-calorie foods out of sight or out of the house.
- Eat when you're hungry. If you eat for other reasons, like when you're bored or stressed, find a non-food activity to satisfy you. For instance, go for a walk, call a friend, or read a book.
- Keep active! Regular physical activity burns calories and is good for your health. If you're new to activity, start with 10 minutes a day and work up to about 30 minutes most days of the week. Choose activities you enjoy, like walking, bicycling or swimming. Also, look for opportunities to move more. For example, take the stairs instead of the elevator or walk to co-workers instead of phoning or e-mailing them.

Lose Weight Safely and Healthfully!

- Follow the Rainier Medical eating plan as prescribed. Consuming fewer Rainier Medical meal replacement products or eating less food than recommended could jeopardize your health.
- Attend your weekly Lifestyle Skills classes.
- Drink at least 6 to 8 glasses (1½ to 2 quarts) of water daily. It helps curb your appetite and is essential for good health. Plain tap or bottled water is best, but other liquids are acceptable if they contain few or no calories.
- Take a multivitamin/mineral supplement, if recommended.
- If you are losing more than two pounds per week after the first few weeks, or if you are losing less than expected, speak with your dietitian. She can offer advice and adjust your eating plan, if necessary.