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General Information About Medifast

What is Medifast?

Medifast is a portion controlled, nutritionally balanced, low fat and clinically proven program that helps people lose weight faster and more effectively than traditional diet plans. Medifast Meals come in individual packets that you mix with water and microwave or refrigerate. Medifast is available in a wide variety of foods and flavors including shakes, soups, stew, chili, oatmeal, scrambled eggs, fruit drinks, iced teas, hot beverages, bars and puddings.

How does Medifast work?

The Medifast 5 & 1 Plan was medically designed to create a calorie deficit, allowing your body to burn fat for energy. Each nutritionally balanced Medifast Meal is formulated with a proven combination of carbohydrates and protein, allowing you to successfully lose weight while maintaining lean muscle mass.

What is the average weight loss amount per week?

Clinical studies indicate that most people lose an average of 2-5 lbs per week with Medifast. The scale isn't the only test, so check other indicators such as your waistline measurement and how well your clothes are fitting you. Individual results may vary, and are dependant upon various factors such as your weight when you start the Medifast program, targeted weight loss goal, level of exercise, presence of medical conditions, use of medications, accuracy with diet compliance, etc. As with most diets, Medifast suggests that you consult with your physician prior to starting a weight loss program.

Why is the Medifast weight loss program special?

Medifast is an effective, healthy weight loss program. Think of Medifast as a lifestyle change, not just a short-term diet or weight loss solution. Medifast is a quick, healthy diet plan, especially when compared to other diets you've likely experienced without success. Medifast is a portion controlled, low calorie weight loss program that leads to more rapid weight loss than traditional diets. Medifast is special because you can achieve the quick weight loss you want, and, unlike other weight loss programs and diet plans you've tried, Medifast is clinically proven to produce quick weight loss, typically 2-5 lbs per week.

How do Medifast weight loss products lead to fast weight loss?

The clinically tested weight loss results of Medifast are designed to create a healthy gap between the calories you take in and the amount your body burns, thus promoting effective and natural weight loss. Many times, dieters on other low calorie diets do not meet the minimum daily recommended nutritional requirements. Medifast Meals provide the optimal combination of carbohydrates, protein and other nutrients necessary to give you the quick weight loss you want and the healthy weight loss you need. The Medifast weight loss program is an extremely effective diet plan to lose weight fast. Medifast fits your busy life because Medifast Meals are quick and easy to prepare, while still being a healthy diet plan.

How easy is the Medifast weight loss program?

With the Medifast 5 & 1 Plan, you'll eat 6 meals a day -- 5 Medifast Meals and 1 Lean & Green Meal. You can choose any 5 Medifast Meals from our menu of over 60 Medifast Meals, including Medifast shakes, bars, soups, pudding, oatmeal, scrambled eggs and more. Your daily Lean & Green Meal consists of a balance of lean protein (such as beef, chicken or fish) and vegetables, which you'll prepare yourself.

How does Medifast help sustain your weight loss results?

Medifast won't abandon you the way fad diets have in the past. The Medifast Transition, Maintenance, and Exercise Plans pick up where the Medifast 5 & 1 Plan ends – and teach you how to sustain your weight loss results long-term!

Does Medifast have Diabetic weight loss programs?

Medifast has special diet programs for those with type 2 diabetes. The Medifast diabetic diet plan can help you manage your type 2 diabetes and control your weight, with your doctor's supervision.

Is Medifast safe?

Medifast has been clinically proven through a number of controlled studies. More than 15,000 physicians nationwide have recommended Medifast programs to their patients -- and more than one million customers have safely used Medifast for over 25 years.

How much does Medifast cost?

Medifast food products cost about \$10/day when taking advantage of our convenient Variety Packages purchase option*. And since Medifast does not charge enrollment or membership fees -- you'll pay only for your food! *NOTE: Costs may be slightly higher when purchasing on a per-product basis.

Most people find the cost of Medifast comparable to the amount they're already spending on groceries and dining out. Did you know that the average adult spends nearly \$16/day on food? Between the grocery store and fast food, we spend much more money on food than we realize -- and we often don't make the healthiest of choices. At \$10/day, Medifast represents significant cost savings for many people. When you also consider the additional benefits inherent in every Medifast Meal (doctor-formulated, vitamin-fortified, portion-controlled), Medifast equates to an even greater value.

What does the Medifast 5 & 1 Plan consist of?

The Medifast 5 & 1 Plan consists of five (5) portion controlled, nutritionally balanced Medifast Meals plus one (1) Lean & Green Meal.

What does the Lean & Green Meal consist of?

The LEAN portion of the Lean & Green Meal consists of 5-7 ounces of lean meat. For a complete list of meats and portion sizes, please refer to our [Lean Options List](#) and our [Meatless Options List](#) (PDF files).

The GREEN portion of the Lean & Green Meal consists of 3 servings of low carbohydrate vegetables from our [Vegetable List](#) (PDF file).

Are there certain "approved" vegetables for the Lean & Green Meal?

All vegetables promote healthful eating; however, during the weight loss phase of your plan, we do suggest that you avoid the "higher carbohydrate" vegetables in order to enhance your weight loss results. Once you transition to the Maintenance phase of the program, we encourage you to include ALL vegetables for long-term health.

Our [Vegetable List](#) (PDF file) will help you identify the relative carbohydrate levels of these approved vegetables. If you hit a weight loss plateau, or are having trouble achieving the fat-burning state, we recommend you choose vegetables primarily from the Green category instead of from the Orange and Blue categories. *NOTE: Carrots, corn, potatoes, peas and brussels sprouts should be avoided while in the weight loss phase of your Medifast Plan. Please add them to your diet once you transition to the Maintenance Plan.

Can I use Medifast Meals interchangeably?

One of the great benefits of Medifast Meals is that they may be used interchangeably. The bars should be limited to one (1) per day (due to their higher caloric and carbohydrate content).

What kind of snacks can I have on this program?

Medifast offers a variety of healthy, delicious snacks that can be used to augment the 5 & 1 Plan, including:

- Soy Crisps (apple cinnamon, ranch or white cheddar flavors)
- Crackers (multi-grain or garden vegetable flavors)

Other snacks you may have include:

- 3 celery stalks
- 1/2 cup sugar-free gelatin
- 1 sugar-free Popsicle®
- 2 dill pickle spears
- up to 3 pieces of sugar-free gum or mints

Limit your snack intake to one (1) per day. Snacks should NOT take the place of a Medifast Meal or Lean & Green Meal.

*NOTE: Eating more than one (1) snack per day may hinder weight loss. For information on slower weight loss, please refer to our [Plateau Tips](#) (PDF file).

Can I substitute a sixth Medifast Meal for my one Lean & Green?

This is not recommended. In order to maximize effectiveness and to ensure that you get all the nutrition your body requires, the Medifast 5 & 1 Plan (5 Medifast Meals plus 1 Lean & Green Meal) should be followed – unless otherwise recommended by your physician.

Is the Lean serving size the cooked or uncooked weight?

It is the *cooked* weight.

How many calories are in the Medifast 5 & 1 Plan?

The Medifast 5 & 1 Plan provides 800 to 1,000 calories per day, depending on your personal selections.

Can I substitute frozen meals for my Lean & Green Meals?

Medifast does not recommend frozen dinners on the 5 & 1 Plan – primarily due to their varying calorie levels, excessive sodium content and lower protein levels.

Do any Medifast products contain MSG?

The Cream of Tomato Soup is the only product that contains MSG.

How does Medifast sweeten its products?

Medifast uses a combination of fructose and acesulfame potassium to sweeten most products. This combination is used because we have found it to make the best quality products without contributing significantly to calories, sugars or carbohydrates. For more information about acesulfame potassium, [click here](#).

There are sugar alcohols in some flavors of Medifast Bars (Caramel Nut and Plus for Diabetics Bars). Momentum by Medifast Flavor Infusers are sweetened with Sucralose and do not contain acesulfame potassium.

What's the difference between 'Medifast 55' and 'Medifast 70' Shakes?

'Medifast 55' Shakes have 90 calories and 11g of protein. 'Medifast 70' Shakes have 100 calories and 14g of protein. Medifast 55 Shakes are recommended for women. Medifast 70 Shakes are recommended for men and for women who are active or prefer a higher protein count.

Are there any stimulants in the Medifast Products?

Most Medifast Meals do not contain any stimulants, ephedrine, or other herbs that might be harmful to your body.

Our Momentum by Medifast product line contains 100 mg of caffeine and 90 mg of EGCG, a potent antioxidant found in green tea. This amount of caffeine is equivalent to 1 cup of brewed coffee. Using Momentum products is a lifestyle choice, so if you would rather not consume EGCG and additional caffeine you may choose other Medifast products. Momentum products are only included in Variety Packages that are labeled Momentum, and not in our standard Variety Packages for Women, Men and Diabetes.

Is Medifast covered under my insurance?

Weight loss programs are generally not covered by medical insurance, but please check with both your doctor and your insurance carrier for information relative to your individual circumstances. Some policies may cover weight loss programs in conjunction with specific medical conditions (such as primary diagnosis of type 2 diabetes or heart disease) in which obesity is a factor and weight loss can lead to management or improvement of these conditions. But again, you will need to ask your doctor and your insurance carrier this question in order to receive an accurate answer based on your coverage and medical status. Medifast does not bill insurance companies on behalf of its customers.

Does Medifast have a support system on the web?

Yes -- "MyMedifast" provides you with valuable tools, support and information that will help you with your Medifast plan AND assist you with nutrition, exercise and motivation. An easy-to-use meal-planning tool is available -- plus you'll be able to connect with other people in the Medifast community just like yourself. MyMedifast is offered at no additional charge -- but is available only to Medifast customers. Medifast customers can visit www.mymedifast.com to register.

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Medifast Plans

Can I try Medifast for just a few days?

We recommend trying Medifast for a minimum of two weeks to allow ample time for your body to maximize its fat-burning potential. However, if you'd like to try Medifast for just a few days, there are some options:

- Individual samples of Medifast Meals
- Medifast 2-Week Variety Packages

Individual samples of any Medifast Meal or snack cost \$2.50 each; samples of Medifast Soy Crisps are \$2.00 each. You cannot order single samples online, so you'll need to contact Customer Care at (800) 209-0878 to place your order. Customer Care is available on Weekdays 8:00 A.M. – 10:00 P.M. and on Weekends 9:00 A.M. – 6:00 P.M. (Eastern).

Medifast Variety Packages are an easy, economical way for you to order our most popular Medifast Meals. Medifast 2-Week [Variety Packages](#) come pre-packaged, so no substitutions can be made. Variety Packages for Women contain 'Medifast 55' Shakes (90 calories, 11g of protein) and Variety Packages for Men contain 'Medifast 70' Shakes (100 calories, 14g of protein).

Can I customize my Variety Package?

Our pre-packaged [Variety Packages](#) cannot be customized or changed. You can, however, design your own menu and only order the meals you prefer. Costs may vary when designing your own menu (depending on which Medifast Meals you choose).

If you're ordering online, you can either use our [DESIGN A MENU](#) feature OR you can visit our "[Shop](#)" section to select the items you would like. If you need assistance, you can call Medifast Customer Care at (800) 209-0878. Our Customer Care Representatives can answer all of your questions and assist you with placing your first order.

Does Medifast carry kosher products?

The majority of Medifast products are certified kosher by The Orthodox Union of New York. For specific information, refer to our complete list of [Kosher Products](#) (PDF file).

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Starting Medifast

How do I get started on Medifast?

You should consult with your physician or qualified medical practitioner prior to beginning (and throughout the course of) any weight loss program. You'll want to order at least a 2-week supply (a 4-week supply is ideal) of Medifast Meals before you start, then continue ordering on a monthly basis. Schedule your re-orders at least one (1) week in advance so you don't run out of Medifast Meals.

Can I do the program if I am a vegetarian?

Yes. There are numerous vegetarian options available within the Medifast Meal lineup. For specific information, refer to our complete list of [Vegetarian Products](#) (PDF file). You can substitute [Meatless Options](#) for the LEAN portion of the Lean & Green Meal. Additional Meatless Options are available on our [Lean Options List](#) (PDF files). Low carbohydrate vegetables used in conjunction with your Lean & Green Meal can be referenced through our [Vegetable List](#) (PDF file).

When should I start my Medifast program?

The first three days are critical to your success, so pick a start date that makes sense for your schedule. You might want to look for a time when you don't anticipate any family, work-related or other social-type events that involve food.

What should I do when on vacation?

Medifast recommends planning ahead so you can continue your program while vacationing. If your meals aren't with you, you can't eat them! This may necessitate packing food items in your luggage. Pre-planning can help you continue to lose weight while you travel. Customers who are able to plan and continue the program while traveling or ordering out get the best results. Traveling presents countless eating temptations, with the availability of foods that are not part of the Medifast program. Always remember your end goals -- a healthier weight and a healthier lifestyle. If you're unable to follow your current 5 & 1 Plan, you can try a 3 & 2 Plan (3 Medifast Meals plus 2 Lean & Green Meals). Remember to limit portion sizes in your Lean & Green Meals -- and enjoy your travel!

If your vacation involves strenuous activity (e.g., skiing or bicycling), you may contact Nutrition Support for advice about incorporating additional calories to help prevent fatigue.

How long can I stay on the Medifast 5 & 1 Plan?

You may stay on the 5 & 1 Plan until:

- you've lost your desired amount of weight
- you develop a new contraindication to the program (such as pregnancy)
- your physician recommends you transition into Maintenance Plan

If you have significant weight to lose and plan to be on the weight loss phase of the program beyond 16 weeks, we recommend that your physician monitor your program. After you've completed the weight loss phase, you will transition into the Maintenance Plan. Nutrition Support at Medifast is available to guide you in this transition if you need assistance.

I'm trying to quit smoking -- could this affect my results with Medifast?

For general health, it is recommended that you stop smoking. Most individuals cannot successfully stop smoking and start a weight loss diet at the same time. Once you are no longer smoking, a weight loss program, like Medifast, is highly recommended.

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Using Medifast

How often should I have my Medifast Meals?

Every 2-3 hours. It is important to start each day with a schedule, allotting specific times for eating your meals. Build six (6) time slots for meals into your daily schedule, and strive to be as consistent with this eating schedule as possible. If you know your schedule will shift a little (perhaps on weekends), make sure to shift your meal times accordingly.

What happens if I miss a meal?

If you miss a meal, eat the rest of your meals closer together to make sure you get all the required meals in before the end of the day. Because of the low caloric level of Medifast, skipping meals will put you below the optimal nutrient level your body needs to function. This decrease in your nutrient balance makes your body conserve energy -- causing you to lose weight slower, not faster!

What if I don't feel hungry?

It is important to get all 5 Medifast Meals plus 1 Lean & Green Meal in each day; otherwise, you are not getting all the nutrition and calories required to maximize the 5 & 1 Plan's effectiveness.

What if I run out of Medifast?

If you happen to run out of Medifast Meals prior to the arrival of your next Medifast shipment, please contact our Nutrition Support team at NutritionSupport@ChooseMedifast.com or (800) 509-1281.

Should I take vitamins?

Generally speaking, you shouldn't need to take vitamin supplements along with the program. The Medifast 5 & 1 Plan provides you with all the necessary Recommended Daily Allowances of vitamins and minerals. Address this matter with your physician if you are currently taking additional doctor-prescribed vitamin and/or mineral supplements.

Can Medifast Meals be consumed after the best-if-used-by date?

Medifast powdered products have an 18-month best-if-used-by date. Medifast Ready-to-Drink Shakes and Bars have a 12-month best-if-used-by date. This does not mean that the product will expire, "go bad" or be harmful; it simply means that the vitamin and mineral pre-mix contained in the products may lose some of its potency, potentially rendering the product less effective. For best results, use your Medifast Meals as soon as possible and store them in a cool, dry, clean environment.

Can you provide mixing instructions for each Medifast Meal?

Use water for all Medifast Meals that require mixing. For specific information, refer to our complete list of [Mixing Instructions](#) (PDF File).

Can you mix two Medifast Meals together?

Yes. This can be a useful technique to get you through a challenging time if you are feeling hungry. Some customers say this helps them to stay on the program successfully. Remember, however, it is most beneficial to spread individual meals out throughout the day.

Can I mix my Medifast Meals ahead of time?

Medifast Meals are quick and easy to prepare whenever you're ready to eat them. You may choose to prepare certain Meals (such as the soups) ahead of time and storing them in the refrigerator or a Thermos. We recommend preparing the Meal no more than a few hours before consumption and thoroughly mixing the Meal prior to eating to prevent any settling that may occur.

You might also be interested in Medifast Ready-to-Drink Shakes, which offer a convenient way to take your shakes with you. These pre-mixed shakes are shelf-stable, can be stored easily and are interchangeable with your other Medifast Meals.

Will I ever be able to eat fruit, dairy or starches again?

Absolutely! While on the Medifast 5 & 1 Plan for weight loss, we recommend that you avoid fruits, dairy and starches because of their high carbohydrate contents. However, these foods are very healthy for you and we encourage you to re-introduce all fruits, vegetables, low fat dairy products and whole grain products during the Transition and Maintenance phases of your weight loss journey.

Can I combine other brands of diet foods?

We recommend that you stay with a single brand of products (such as Medifast products). Each Medifast product is formulated to provide you with the complete nutrition your body requires. Mixing in different product brands may lead to nutrient deficiencies.

How much water should I drink on this program?

It is important to drink at least 64 ounces of water per day while on the Medifast 5 & 1 Plan to keep your body hydrated.

What types of fluids are recommended?

We recommend drinking 64 ounces of water per day. In addition, you may drink any liquids that are considered non-caloric, which would include Medifast Flavor Infusers. This also includes *unsweetened* hot or iced tea, coffee or decaf, diet sodas or other calorie-free beverages. As a general rule, Medifast recommends that you try to drink as much water as possible for good health, and limit your intake of other non-caloric liquids when possible.

Can I drink alcohol?

Alcoholic beverages are not recommended on the Medifast program. Alcohol provides unneeded calories, can slow your weight loss, stimulates the appetite (encouraging additional food intake) and can deplete your body of needed water. **Low carbohydrate versions of beer and other types of alcohol are not recommended** because these also provide calories with no nutritional value. Those who choose to drink alcohol tend to feel its effects at lower consumption levels, due to the lower calorie level of the Medifast 5 & 1 Plan.

Why do the bars contain more carbohydrates than other Medifast Meals?

The manufacturing of a solid product requires a different processing method for binding the carbohydrates with proteins. This results in a slightly higher carbohydrate level than the powdered Medifast products. Hence, limit your bar intake to one (or less) per day during the weight loss phase of your plan.

Can I use any seasonings?

You can season your Medifast Meals and your Lean & Green Meal with most herbs, seasonings or spices. Experiment with different seasonings to find the flavors you enjoy. For general health purposes, we recommend limiting salt intake. For more specific seasoning usage information, refer to our complete list of [Condiment Options](#) (PDF file).

What are the limitations on the condiments I can use?

Some condiments are a significant source of additional calories. Of course, we *do* want you to enjoy your food -- but we recommend *limiting* condiment use in order to achieve the best weight loss results. For more specific condiment usage information, refer to our complete list of [Condiment Options](#) (PDF file).

What if I want to eat out at a restaurant?

Special occasion meals are easier to handle than you may think! Simply rearrange your Medifast Meal routine (if necessary) so that you can enjoy your Lean & Green Meal at your breakfast meeting, family brunch, awards banquet or virtually any special occasion involving food! You should have your typical Lean & Green serving of meat and vegetables as usual. Request that your meat be prepared/served without sauce if possible. If you can't avoid eating something that isn't part of the Lean & Green Meal, it may raise your daily calorie intake -- but you can get back on the 5 & 1 Plan starting with your next meal. It is still best not to skip meals, even when you think you may have over-eaten. Resume your plan as soon as you are able.

As an alternative, you can bring along a Medifast Meal and ask the waiter for hot or cold water (depending on what you are eating) to mix your meal. Then simply prepare your Medifast Meal and eat it with everyone else!

Can I chew gum?

Yes, as long as it is sugar-free gum. You can also have sugar-free mints. Make sure to limit these to no more than 3 per day. This will count as your one (1) optional snack for the day.

Can I have butter substitutes?

You can use butter substitutes such as Molly McButter®, Butter Buds® and I Can't Believe It's Not Butter® spray as great alternatives to actual butter. For more specific condiment usage information, refer to our complete list of [Condiment Options](#) (PDF file).

Can I have lattes?

Medifast offers delicious Cappuccino, Chai Latte and Hot Cocoa! These “hot drinks” can be used as part of your 5 & 1 Plan, and can also be enjoyed throughout Transition and Maintenance.

Coffee shop or other non-Medifast types of lattes are not recommended on the 5 & 1 Plan because they're made with about 1/2 cup of milk -- and milk adds too many additional carbohydrates to your diet during the weight loss phase. Instead of a latte, try a regular cup of coffee with low fat/fat-free creamer, half & half or skim milk and sugar-free syrups or extracts for flavoring -- refer to our complete list of [Condiment Options](#) (PDF file). Once you transition to the Maintenance phase, you can include low fat dairy products.

Can I have shirataki noodles?

Yes. You can have shirataki noodles -- serving size 1-1/2 cups (12 oz). This would be considered the “Green” portion of your Lean & Green Meal.

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On the Program

Why did the scale go up?

The amount of weight you lose will fluctuate from week to week. Several situations may change the number on the scale, such as the time of day you weigh yourself, your menstrual cycle, not drinking enough water, whether or not you recently eliminated or how closely you are following your 5 & 1 Plan. Don't panic if the scale doesn't move for several days -- or even goes up slightly. If you stay on your program (and are consuming all of your meals), the scale will eventually show results. Try to weigh yourself only once a week, at the same time each week (the ideal time being immediately after you wake up).

What can I do about a weight loss plateau?

Plateaus can occur at different times for different people. They normally happen because your body is attempting to hold on to its fat stores. It's as though your body reshuffles its weight status while assessing whether it's ready to continue losing -- once it feels settled, your system will kick back in and allow your weight to drop again. If you experience a weight loss plateau, look for other indications of progress such as wearing a smaller size of clothing. Weight loss should resume if you continue to follow the program. You can contact the Nutrition Support Team at Medifast if you need assistance. For information on slower weight loss, please refer to our [Plateau Tips](#) (PDF file).

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Planning for Medifast Supplies

When should I re-order Medifast?

Re-order at least one (1) week before your supply runs out. Allow a minimum of 3-5 business days for shipping. You may request expedited shipping by calling Customer Care at (800) 209-0878 to place your order. Canadian Customers - Medifast can ship to Canada, but we cannot accept Canadian orders *online* at this time. Please call us at (800) 209-0878 to place your order. Our Customer Care representatives will be happy to help you.

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Medical Monitoring

Do Medifast users require medical supervision while on the program?

You should consult with your physician or qualified medical practitioner prior to beginning (and throughout the course of) any weight loss program. We strongly recommend that you participate in the program under your physician's supervision if you:

- are over the age of 70
- are under the age of 18
- have diabetes, hypertension or any other serious medical condition
- are taking medications, especially for diabetes

Are there any special guidelines for Medifast customers over age 70?

If you are over age 70, this program should be done with your physician's supervision. Your physician may recommend a higher caloric intake based on your individual needs. Dosages of medications may need to be adjusted, and labs and vital signs may need to be monitored. For more information, please refer to the [Medifast Senior Guide](#) (PDF file).

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Soy, Fiber, Dairy, Whey

What type of soy is in Medifast?

Medifast uses Supro® brand soy protein, a high-quality complete protein derived from soybeans. Supro® is produced by DuPont's Protein Technologies. DuPont has been conducting soy protein research for more than 30 years.

What are the benefits of soy?

- Studies show naturally occurring isoflavones (such as those in Supro® brand soy protein) have increased the mineral content and density of bones, which may protect against the risk of bone fractures and osteoporosis.
- Studies have indicated that a regular intake of soy foods may help to prevent hormone-related cancers such as breast cancer, prostate cancer and colon cancer.
- Soy works to lower LDL cholesterol (bad cholesterol) levels in the blood, and each 1 percent reduction in LDL cholesterol results in a 2–4 percent reduction in heart disease risk.
- Soy reduces triglyceride levels and increases HDL cholesterol levels (good cholesterol), which further reduces the risk of heart disease.

- Soy isoflavones, which are natural estrogen sources, may help reduce menopausal symptoms such as hot flashes or night sweats.
- Soy is a complete protein, providing all of the essential amino acids.

How much fiber do Medifast Meals contain?

Medifast Meals contain 0-5 grams of dietary fiber (depending on which Meals you choose). You'll also get fiber from the "Green" portion of your Lean & Green Meal. For the amount of fiber in specific Medifast Meals, please refer to our [Product Nutrition Quick Profile](#) (PDF file).

Which Medifast products do *not* contain soy?

Scrambled Eggs, Hot Cocoa, Chai Latte, Cappuccino, Cranberry Mango Fruit Drink, Tropical Punch Fruit Drink, Peach Iced Tea, Raspberry Iced Tea, Cream of Chicken Soup, Cream of Tomato Soup and Cream of Broccoli Soup. For more information, please refer to our [Allergen/Dietary Information](#) (PDF file).

Which Medifast products do *not* contain dairy?

Medifast has one dairy-free product -- Medifast Ready-to-Drink Shakes. For more information, please refer to our [Allergen/Dietary Information](#) (PDF file).

Which Medifast products do *not* contain whey?

Oatmeal, Ready-to-Drink Shakes, Chocolate Pudding, Chicken Noodle Soup and Maryland Crab Flavored Soup. For more information, please refer to our [Allergen/Dietary Information](#) (PDF file).

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The Fat-Burning State and Weight Loss

What is the Fat-Burning State?

On the Medifast 5 & 1 Plan, your body enters a fat-burning state -- also known as "mild ketosis." The nutrient balance of Medifast in combination with its low calorie level causes the body's fat stores to release free fatty acids, which are then converted by the liver into an energy source called ketones. This mild dietary fat-burning state helps the body achieve rapid weight loss while preserving muscle tissue. The fat-burning state also helps eliminate physical hunger while providing sufficient levels of energy.

Is this Fat-Burning State harmful to me?

No, the fat-burning state achieved on the Medifast 5 & 1 Plan is very mild. The fat-burning state is a normal adaptive mechanism that your body uses to manage energy. The level achieved will protect you from losing muscle tissue (due to the amount of protein that can be consumed on the Medifast 5 & 1 Plan). Incorporating regular exercise also helps to tone and build muscle tissue.

How long does it take to get into the Fat-Burning State?

It generally takes about 3-5 days to get into the fat-burning state.

How can I tell I am in the Fat-Burning State?

The best way to determine if you are in the fat-burning state is by recognizing physical clues -- such as feeling less hungry and more energized, and losing weight at a steady rate.

Can I use ketone test strips?

Medifast does not require ketone testing. The best way to determine if you are in the fat-burning state is by looking for physical reactions -- such as feeling less hungry and more energized, and losing weight at a steady rate.

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Exercising on Medifast

Should I exercise along with the program?

Exercise is a necessary part of losing weight, improving metabolism and maintaining weight loss. If you do not exercise currently, we recommend you wait 2-3 weeks before you begin an exercise program. Start an exercise program slowly, and gradually increase time spent on an activity (and intensity of the activity) as your body allows. Choose an activity that you can enjoy regularly. Most of our customers find walking is the easiest activity to incorporate into their day.

For an individual who has an exercise program in place prior to starting Medifast, we recommend cutting the exercise program in half for the first couple of weeks to allow the body to adjust to its new calorie level. As your body adjusts to this lower calorie level, you can increase time and intensity of your exercise plan.

Listen to your body and only do what it allows. If you feel light-headed or faint, stop your exercise and take a rest before you resume. Remember to drink fluids. Fluid intake is important when you exercise. You may find that you need additional water on the days you exercise, especially if it is hot outside.

What type of exercise (and how much) is recommended?

If you haven't been exercising at all, be sure to check with your doctor first to make sure your exercise plan is appropriate for you. Once you're deemed ready, adopt a slow pace. Start with gentle walking. You can take short walks throughout the day or go on a single long one. Make a commitment to walk every day, even if your walk is a short one. Gradually increase the distance and time spent walking once you reach a comfort level. Of course, in addition to walking, you may begin with any exercise that you enjoy. You may try incorporating a variety of exercises such as walking, stair climbing, biking, weight training, aerobics, swimming, pilates, etc. Some people choose the guidance of a personal trainer to help establish an individualized exercise program.

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Symptoms and Side Effects

*NOTE: Most of our customers report feeling energized -- and better than they did prior to starting a Medifast program. If you are ill or do not feel well, see your doctor. Unless your doctor says otherwise, you should be able to continue on the Medifast 5 & 1 Plan, as most symptoms experienced are temporary.

For further information, refer to our list of potential [Symptoms and Side Effects](#) (PDF file). If you have questions, please contact our Nutrition Support team at NutritionSupport@ChooseMedifast.com or (800) 509-1281.

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Transition and Maintenance

How do I go off the program?

Once you've reached your goal weight, or you haven't lost any weight in the last 4 weeks, you should begin the Transition Plan. The Transition Plan gradually adds calories back into your diet while giving your body appropriate time to adjust to the new levels of calories and carbohydrates.

Can I use Medifast products as part of my weight Maintenance Plan?

Yes, we encourage continued use of Medifast Meals so you don't re-gain the weight you lost. In fact, most people use 2-3 Medifast Meals per day as part of their ongoing Maintenance Plan. You may also use a Medifast Meal as a protein source in your regular meal, adding other foods such as fruits, vegetables, whole grains or a salad to maintain a healthy nutritional balance.

Our Momentum by Medifast line of products was specifically designed to assist with weight maintenance as it boosts your metabolism to prevent weight re-gain.

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Contraindications

What conditions would absolutely PROHIBIT my use of a low calorie diet such as Medifast?

- Myocardial Infarction (MI) / Heart Attack within previous 3 months (unless cleared by a cardiologist)
- Recent or recurrent CVAs and/or TIAs (stroke); uncontrolled seizures
- Unstable angina; clotting disorders
- Type 1 Diabetes (can be used for improved nutrition or weight maintenance but is not recommended for a weight loss program; can add Medifast Meals to regular dietary intake)
- Severe liver disease (may require a low protein diet)
- Severe kidney disease
- Active peptic ulcer disease
- Active cancers
- Active thrombophlebitis (DVT/PE within 3 months)
- Pregnant or lactating
- Eating disorder (e.g., Anorexia Nervosa or Bulimia)
- Severe psychiatric disturbance (history of major depression and/or suicide attempts)
- Corticosteroid therapy >20 mg/day
- Chronic illicit drug usage; addictions; alcoholism; substance abuse

What conditions could LIMIT my use of Medifast products?

Certain conditions may necessitate close supervision by your physician. Please check with your physician prior to starting the Medifast program if any of the following conditions apply:

- Use of the medication lithium -- your physician may wish to monitor your lithium levels while on the program
- History of seizures -- your physician may wish to monitor your seizure medication levels while on the program
- History of peptic ulcer disease (not active)
- Use of anticoagulant medication such as Coumadin or Warfarin -- your physician should be aware that Medifast products are fortified with Vitamin K and that your daily intake of Vitamin K will be consistent; your physician may wish to monitor your medication levels while on the program
- Over the age of 70 -- a higher calorie and/or protein level may be necessary, so we do not recommend the standard Medifast 5 & 1 Plan; refer to our [Senior Meal Plan](#) for helpful information about using Medifast products in conjunction with a 1,200 calorie per day diet
- Adolescent use (beyond puberty and under the age of 18) -- any weight loss program (such as Medifast) should be used only as directed by your physician

Can I use Medifast if I am currently using diuretics?

We recommend that you ask your physician if a low calorie diet is appropriate for you. Using diuretics while on the 5 & 1 Plan may result in an alteration of your sodium/potassium levels (due to increased urine

output), so your physician may wish to monitor your electrolytes and/or adjust the dosage (or discontinue the use) of the diuretic while you are doing the Medifast program.

Can I use Medifast if I am currently using thyroid medications?

Individuals with hypothyroidism can use Medifast under the direct supervision of a physician. Your physician may want to monitor your labs and medications, and may suggest using a soy-free Medifast product around the time of day that you take thyroid medication. For information on soy-free products, please refer to our [Allergen/Dietary Information](#) (PDF file).

Can I use Medifast if I have had gastric bypass surgery?

We have had many individuals use Medifast prior to and after having gastric bypass surgery. Your meal plan should be adjusted based on when your surgery was completed. Medifast Meals are portion controlled, high protein, low carbohydrate and fortified with vitamins and minerals. Medifast recommends (as with any weight loss program) that you consult with your doctor prior to and throughout the weight loss process. Your physician may want to monitor your labs and medications, or may suggest a different calorie level than our standard 5 & 1 Plan. We will be happy to work with you and/or your physician to help meet your needs.

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Diabetes

What is Medifast Plus for Diabetics?

Medifast Plus for Diabetics is a specially designed line of food products formulated to meet the needs of people with diabetes. Medifast Plus for Diabetics contains fewer than 6 grams of sugar and 9 total carbohydrates per serving. Medifast Plus for Diabetics can be used as a supplement in a weight loss program or in addition to a diabetes meal plan.

Medifast Plus For Diabetics has been certified by the Glycemic Research Institute to make the claim "LOW GLYCEMIC" and is authorized to use the Glycemic Research Institute's Seal of Approval.

How do I use Medifast Plus for Diabetics for weight loss?

Medifast recommends that you consult with your primary care physician or diabetes specialist before beginning a program using Medifast Meals — including Medifast Plus for Diabetics. You should discuss blood sugar monitoring, oral diabetes agents and changes to your insulin regimen with your physician before starting a weight loss program. As with any weight loss program, using Medifast products may lessen your need for diabetic medications.

Who should use Medifast Plus for Diabetics?

Medifast Plus for Diabetics is intended for people with type 2 diabetes and can be used in conjunction with a weight loss and/or maintenance plan.

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Arthritis

What is Medifast Plus for Joint Health?

Medifast Plus for Joint Health is a specially designed meal replacement supplement formulated to relieve the excruciating symptoms associated with arthritis and poor joint health.

What is in the Joint Health Shakes that helps with arthritis symptoms?

Joint Health Shakes contain glucosamine and chondroitin, which may reduce pain and help repair damage caused by arthritis. To get the therapeutic benefits of these shakes, you should take three (3) Joint Health shakes each day as part of your 5 & 1 Plan. Each shake provides you with 500 mg of both chondroitin and glucosamine, and therapeutic levels are 1000 mg. You can choose any other two (2) Medifast Meals each day from soups, stew, chili, oatmeal, scrambled, eggs, fruit drinks, iced teas, hot beverages, bars, puddings or non-Health Management Specialty Shakes. If you are already using medication for arthritis, consult with your doctor before incorporating Medifast Plus for Joint Health shakes.

Who should use Medifast Plus for Joint Health Shakes?

Medifast Plus for Joint Health is recommended for individuals over the age of 18 who suffer with painful joints due to arthritis and/or injury. Be sure to consult with your doctor prior to using these shakes if you are already on arthritis medication. In many instances, Joint Health Shakes provide lower therapeutic dosages of chondroitin and glucosamine than prescription arthritis medications.

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Women's Health

What is Medifast Plus for Women's Health?

Medifast Plus for Women's Health is a specially designed meal replacement supplement formulated to relieve and prevent the symptoms of menopause, such as hot flashes or night sweats.

What is in the Women's Health Shakes that helps menopausal symptoms?

Women's Health Shakes contain black cohosh, echinacea and chaste tree berry, which help reduce symptoms of menopause. For maximum results take 1-3 Women's Health Shakes each day as part of your 5 & 1 Plan.

Who should use Medifast Plus for Women's Health Shakes?

Medifast Plus for Women's Health is recommended for women ages 35-60 who are experiencing the symptoms of menopause. These symptoms may include (but are not limited to): hot flashes, mood swings, night sweats, fatigue, vaginal dryness, loss of libido, headaches, anxiety and insomnia. However, if a woman is already on HRT, she should consult with her doctor before using these shakes. In many instances, Women's Health Shakes provide lower therapeutic dosages than alternate HRT therapies.

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Coronary Health

What is Medifast Plus for Coronary Health?

Medifast Plus for Coronary Health is a specially designed meal replacement supplement formulated to protect the heart against disease.

What is in the Coronary Health Shakes that helps with heart concerns?

Coronary Health Shakes contain Coenzyme Q10, amino acids and Pycnogenol, which provide a natural defense against heart conditions brought about by improper diets. For maximum results, take 1-3 Coronary Health Shakes each day as part of your 5 & 1 Plan. If you're currently on heart medications, consult with your doctor prior to starting the diet.

Who should not use Coronary Health Shakes?

Medifast Plus for Coronary Health is designed as a preventive measure. If you have heart concerns, you should discuss the use of this product with your doctor first. If you are on blood thinning medication, be aware that this shake has 28 mcg of Vitamin K in it. Vitamin K acts to clot the blood.

Can I drink any combination of Health Management specialty shakes?

Do not combine the Health Management Specialty Shakes (i.e., we do not recommend mixing Medifast Plus for Joint Health and Medifast Plus for Women's Health within your meal plan). If you currently take medications for any of the above-named health concerns, consult with your doctor prior to using the product.