

Our Nutrition Philosophy

Understanding Weight Loss

To lose weight, we need to be in a caloric deficit. That is, we need to either eat less than our body burns, or burn more than we eat. Sounds simple right? But then why is it so difficult to lose weight?

Cutting calories often leaves us feeling hungry and unhappy which is not something we can live with for very long. No matter how well a diet works, if it's not a plan we can see ourselves sticking with forever, it's not a good plan for us- we will just end up gaining back the weight.

At Form Health we understand this and that's why we create a plan that is not restrictive or the same for every person. **Instead of just following a meal plan or “diet rules” which we create for you, we provide you with the tools you need to lose weight and keep it off for good.** We believe in giving you the necessary nutrition education so that you understand the WHY behind the plan and know how to implement it for the rest of your life.

Realistic weight loss is all about flexibility and moving away from “all or nothing” thinking. All foods can fit into a healthy lifestyle and we work with you to include the foods that you enjoy.

Will I Be Counting Calories?



No! Most people will not be counting calories, points, weighing food or cutting out whole food groups on our program. This is a long term plan not a quick fix. Counting calories is not sustainable long term, plus it doesn't teach you how to choose the right types of foods your body needs to function at its best. Instead, we'll teach you our unique plating method for maximum weight loss where you'll learn how to use plate proportions and visualization techniques to build all of your meals and snacks. You'll be able to apply this method to every meal and snack for the rest of your life. It's time to lose the weight for good.

We also know that there are many other factors that play a role in weight loss, other than just taking in fewer calories. This includes:

- **Diet Quality:** Many health factors improve by improving diet quality, even without any weight loss (such as blood pressure).
- **Physical Activity:** Weight loss is increased by physical activity, but even more importantly, physical activity is a key factor in longer term maintenance of weight loss.
- **Behavior Change:** This is what helps us “stick with” the changes – which we know is such a big challenge!

Wide Variety of Treatment Tools

Your dietitian and doctor work together as a medical team to provide you with the best possible treatment.

Treatment options may include:

- Medical assessment and monitoring
- Nutritional counseling
- Physical activity guidance
- Intensive behavioral therapy
- Weight management medications (when medically appropriate)
- Option for high protein meal replacements

At Form Health we only use strategies that are backed by research and only prescribe medications that are regulated by the U.S. Food and Drug Administration (FDA) for efficacy and safety.

It's important to remember that if your current treatment plan is not working, don't give up! As a medical weight loss practice we have *many* different tools we can use to help you succeed. Please let us know what isn't working and we will work together to find an alternative treatment plan that will work for you. **Remember, we are in this with you for the long haul!**

Pro Tip: [Sign up](#) for a "Form Your Healthiest Life" group class each month to build up your nutrition and weight loss knowledge.

Support & Accountability



We know that weight loss is hard and that's why we've created a program which offers a very high level of support to help you through the process. A lot of research has shown that support, accountability, and attending your visits are critical elements in weight loss success! **We strongly encourage keeping your appointments once they are scheduled. Your appointment time is reserved especially for you and your medical provider, and our providers' schedules fill up quickly so canceling an appointment may result in a longer wait time until you can be seen.**

As a Form Health patient, you will be assigned a personal care team which consists of your very own doctor and dietitian. You will start by having an in-depth video consultation with each of them where they will take the time to get to know you and understand your unique needs.

You will continue to have ongoing visits with your dietitian twice a month, and with your physician about once a month. But even in between visits, we are here to support you in real time, which is when most people need the help! You can text your dietitian as much as you'd like with questions, challenges and for feedback. You will also be sending in pictures of everything you eat for your dietitian to review and keep track of.

Evidence-Based Guidelines for Weight Loss

- **Higher protein:** Protein has been found to slow down the rate of digestion, leading to greater satiety and reduced calorie intake. Evidence also shows that it takes our body more energy to break down protein compared to other nutrients (which means more calories burned). Higher protein diets have been shown to increase weight loss and percentage of fat loss while also maintaining lean muscle mass during weight loss.
- **Lower carbohydrate:** Carbohydrates, specifically low fiber carbs, stimulate insulin production which promotes fat storage. By lowering total daily carb intake, insulin production decreases and this promotes fat release and fat burning which is beneficial for weight loss and controlling metabolic disease. We recommend limiting refined sugar in the diet as much as possible.
- **Lots of fruits and vegetables:** Research shows that diets high in fruits and vegetables have been found to be associated with greater weight loss.
- **A small amount of healthy fats:** Research shows that healthy fats are necessary and beneficial for health. Rather than adopting a low-fat diet, it's more important to focus on eating beneficial fats (unsaturated) and avoiding harmful fats (trans and small amount of saturated).
- **We promote whole, healthy foods:** Research shows that a higher quality diet (filled with unprocessed, whole foods) improves health overall (even without weight loss).



The Form Health Shop

www.FormHealthShop.com

Looking for an option to kick-start or enhance your weight loss? Form offers a variety of high quality meal-replacement products for purchase through the Form Health Shop.

What is a meal replacement?

A meal replacement is a calorie-controlled, nutrient-dense, high protein packaged product (such as a shake, bar, soup, etc.) used to replace a meal or a snack.

At Form, we know that weight loss is not easy, and our goal is to help make the process as simple and efficient as possible. Starting your journey on a partial meal replacement plan can be a great way to help jump-start your weight loss while working on building the skills to use our healthy nutrition and plating method. Not only are these pre-packaged foods quick and convenient, research shows meal replacement plans produce significantly greater weight loss results when compared to conventional calorie-restricted diets.

How is buying products from the Form Health Shop different than what I can find on my own?

Designed by our team of Registered Dietitians and Obesity Medicine Physicians, our meal replacement plans use all medical grade, FDA-approved and regulated products scientifically formulated with the right balance of carbohydrates, protein, fat, vitamins and minerals to keep you feeling fuller longer, and promote fat loss while maintaining lean muscle mass.

These products are different from over the counter protein supplements, which are not FDA-regulated and do not undergo any rigorous quality testing.

We offer several options for meal replacement kits that get shipped to you - directly to your home with all of the products, instructions, and recipes you need to follow the two week plan. Or, you can opt to use the products individually: maybe a bag of honey mustard chips for your afternoon snack, or a chocolate pudding as a post-dinner dessert.

Our goal is to custom-design a system that is specifically for you, one that you love and fits seamlessly into your life. So if this sounds like an option that might work for you, feel free to ask your care team for specific recommendations.

Will I have to use meal replacements on this program?

No, it's completely your choice! We understand that shakes and bars are not for everyone and we want this program to match your needs. While meal replacements have been shown to lead to greater weight loss, you can absolutely be successful with your weight loss through following a whole foods plan.



Photo Food Logging

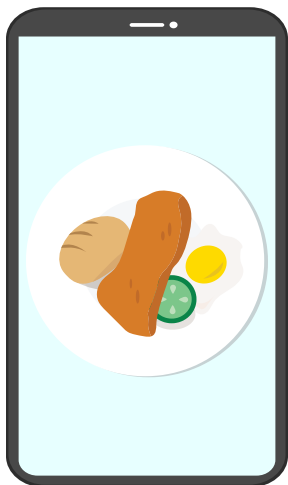
Why keep a food log? Research shows that people who keep food journals are more likely to be successful in losing weight and keeping it off.

Keeping a food diary can help us understand your eating habits and patterns, and help identify the foods you eat regularly, as well as what triggers may be causing you to make certain choices.

Writing down all of your food can be boring and time consuming but taking pictures makes it fun! No need for calorie counting, weighing or obsessing- just snap a photo and ask yourself these questions:

How's my hunger level?

Pause before digging in to evaluate your hunger. Am I actually feeling hungry right now or am I just eating because it's noon or because the food is in front of me? Use the photo taking as a moment to practice this exercise. If you find out that you're not actually hungry, empower yourself to stop, wait, and return to the meal when your body actually needs it.



Do I have the right ratio of foods?

Is most of your plate filled with vegetables? Fill half your plate with veggies before adding anything else to help you fill up on fewer calories. Challenge yourself to fill your plate with a bed of greens, then layer your meal on top to ensure you are getting maximum veggies at every meal. Make vegetables your very first bite at meals. Once you have your veggies down, fill 1/4 of your plate with protein (chicken, fish, tofu etc). If your meal will include carbs, add a 1/2 cup serving as a last step.

Do I have too many pictures?

We generally recommend eating 4 times a day, with optional non-starchy veggies in between. Start with a filling breakfast that keeps you satisfied all morning, refuel with a balanced lunch, include a protein-filled afternoon snack, and then a light dinner to wake up hungry again tomorrow. Needing too many snacks throughout the day may indicate that you're missing out on vital macronutrients at meals, causing you to feel hungry soon after. **Taking pictures of everything you eat can help us identify these trends and make the appropriate changes to your plan.**

Do I have enough color on my plate?

When you scan your pictures look for lots of colorful produce at all meals and snacks. The more color, the more nutrients!
