

# Doctors Weight Loss *s o l u t i o n*™

Program Features	Comparing the Weight Control Programs				
	Doctors Weight Loss Solution	Weight Watchers	Jenny Craig	Nutrisystem	eDiets
Doctor Supervised	√	-	-	-	-
On-line support for Doctors	√	-	-	-	-
Telephone support for Doctors	√	-	-	-	-
On site Registered Dietitian	√	-	-	-	√
Medical History	<b>Comprehensive</b>	-	partial	partial	partial
Physical Exam	√	-	-	-	-
Doctor supervised weekly classes and weigh-ins.	√	-	-	-	-
Type of Food Plans	<b>Restricts Calories and Fat, emphasizes portion control, high fiber and GI</b>	Restricts Calories and Fat, emphasizes fiber	Restricts Calories, emphasizes portion control	Restricts Calories, emphasizes portion control and GI	Varies, most restrict calories and fat
PFC Ratio	<b>25-21-54</b>	20-24-56	20-18-62	25-20-55	24-23-53
	PFC Ratio is the percentage of calories from Protein, Fat and Carbohydrates. The US Dietary Guidelines recommend the following: 10 to 35 percent from Protein; 20 to 35 percent from Fat; 45 to 65 percent from Carbohydrates				
Pre-packaged meals	√	-	√	√	varies
Food and Exercise Diary	<b>Highly recommended</b>	Recommended	Recommended	Recommended	Recommended
Goal Setting and Tracking	<b>Highly recommended</b>	Recommended	Recommended	Recommended	Recommended
Members receive live telephone support from doctor's office	√	-	-	-	-
Weight maintenance skills	<b>Strong Emphasis</b>	available	not a priority	not a priority	not a priority
Eating Out	<b>Encouraged and Easy</b>	Easy	Not Easy	Not Easy	Varies
Members interact in person	<b>Strong emphasis on member interaction</b>	Members who join meetings	-	-	-
Expenses per day	<b>\$6.71 to \$15.20 per day; varies depending on the programs.</b>	\$ 14.23 per day	\$ 19.66 per day	\$ 16.22 per day	varies, extra fees for exercise and recipes
No Membership Fees	√	-	-	√	-