THE SUSTAINABLE LOSS PROGRAM

A Long-Term Solution for Weight and Health Maintenance

Once a LeanMD patient reaches their goal weight, the big challenge becomes maintaining their new weight long-term. Research in traditional weight loss programs has shown that about 80% of individuals who lose 10% of their initial body weight are unsuccessful at keeping the weight off for even 1 year.¹⁹

The LeanMD Sustainable Loss Program was designed to help patients overcome the difficulties of maintaining their weight loss through the use of built-in monitoring and support. The program includes virtual weight monitoring, monthly visits with a LeanMD Mentor, and guided nutrition and exercise counseling.

Central to the program is the LeanMD Sustainable Loss Diet. We call the diet "sustainable" because it consists of real food eaten in real environments by real people—both with and without medical conditions. Because it is easy to maintain over time, it can serve as a life-long approach to healthy eating and long-term weight management.

The Sustainable Loss Diet has a macronutrient ratio of about 53% carbohydrate, 22% protein, and 25% fat. It is built upon the Mediterranean Diet (Med Diet), an eating pattern based on the traditional cuisines of southern European countries such as Italy and Greece. This scientifically proven diet has become famous for its focus on fresh, flavorful ingredients and ease of preparation as much as for its beneficial influence on health and weight.

Research confirms that a Mediterranean-style diet does not cause weight gain and, when combined with calorie restriction and exercise, may even help to reduce body weight.⁽¹⁾ Also, there is a robust and still growing body of evidence that the diet confers significant protection against a wide range of chronic degenerative diseases.¹⁻¹⁸

The Sustainable Loss Diet seamlessly integrates the important features of the Med Diet into our servings-based system, making it easier for patients to learn and follow.

Condition	Findings
Coronary Heart Disease (CHD)	Major studies (Lyon Diet Heart Study, PREDIMED, and Nurse's Health Study) demonstrated major risk reduction for both primary and secondary CHD events. ^{2,3,11-16} Adherence to the Med Diet is associated with an increase in serum markers of atheroma plaque stability when compared to a low-fat diet. ¹⁷
Alzheimer's Disease (AD)	Adherence to the Med Diet was significantly associated with lower risk for AD, and showed evidence of benefits in preventing other neurodegenerative diseases. ^{5,6}
Type II Diabetes & Metabolic Syndrome	Adherence to the Med Diet was inversely associated with diabetes incidence in subjects at high cardiovascular risk. ⁷ The Med Diet exerts beneficial effects and may be useful in the management of metabolic syndrome. ^{8,9}
Cancer	The Med Diet exerts a preventive effect on cancer. ⁶ Major components of the diet are associated with reduced risks for upper digestive and respiratory tract cancers, as well as for breast, ovarian, and colorectal cancer. ¹⁰
Obesity/Weight Gain	The risk of obesity decreases with increasing adherence to the traditional Med Diet. ⁶ The Med Diet does not cause weight gain, and may be useful in helping people lose weight. ¹ Adherence to the Med Diet pattern is significantly associated with reduced long-term weight gain. ¹⁸
Longevity & All-Cause Mortality	In the EPIC study (Greek segment), higher adherence to a Med Diet was associated with a statistically significant reduction in total mortality." Men and women who report eating foods closest to the Med Diet are 10–20% less likely to die over the course of a study of heart disease, cancer or any other cause. ⁶

SCIENTIFIC EVIDENCE FAVORS A MEDITERRANEAN-STYLE DIET

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