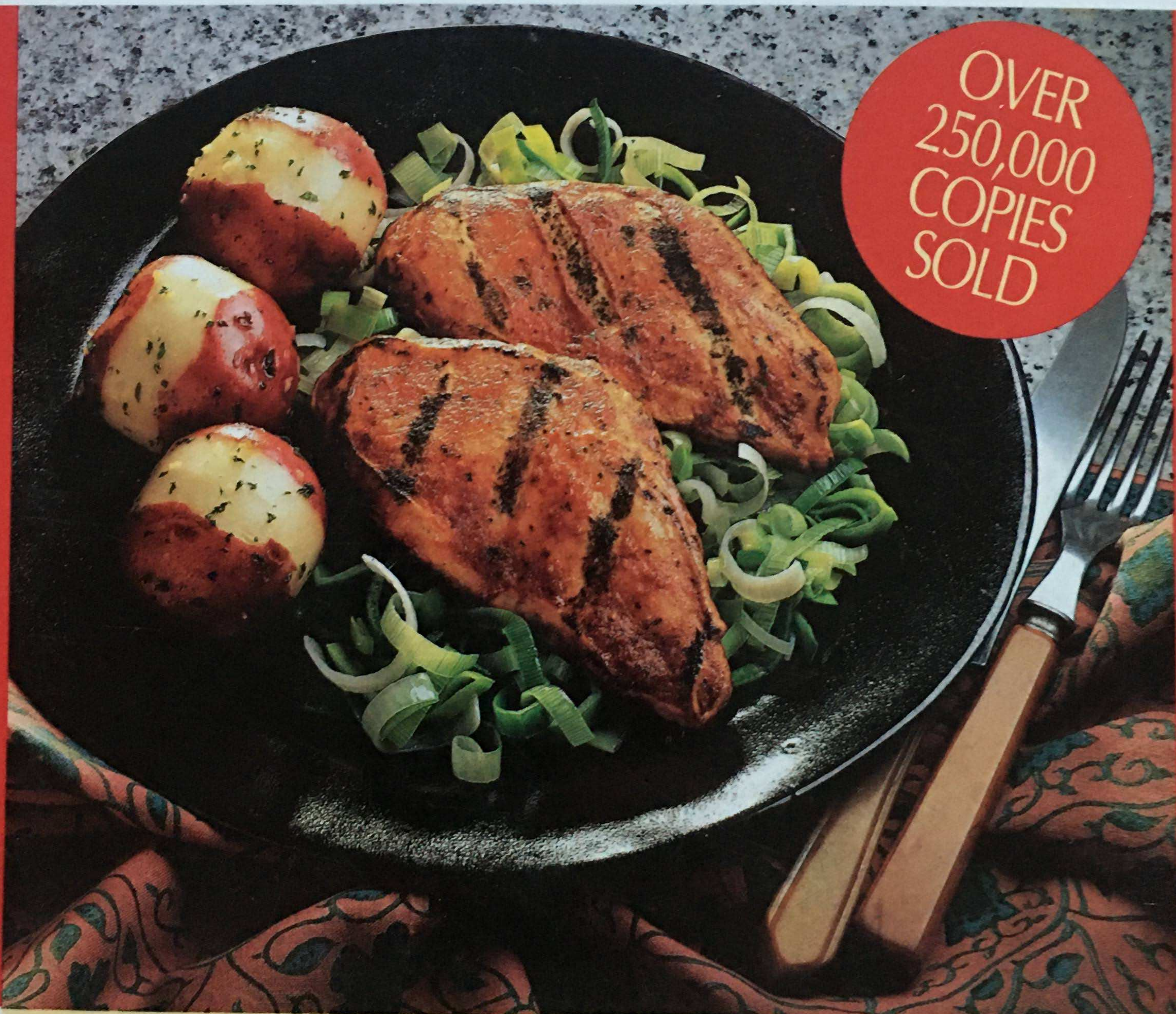


THE **nutri/system**[®] FLAVOR SET-POINT[®] WEIGHT-LOSS COOKBOOK



SUSAN S. SCHIFFMAN, PH.D.,
AND JOAN SCOBIEY
RECIPES BY ROBIN RIFKIN

Introduction

SINCE 1971, millions of people have successfully achieved weight loss on the Nutri/System Weight Loss Program. And it's a record we're proud of! That's why we've developed *The Nutri/System Flavor Set-Point Weight-Loss Cookbook*—to introduce millions of others to the basic principles of our weight-loss program and help them prepare high-flavor, low-calorie, nutritious meals in their own homes.

The Nutri/System Program is built on a nutritionally balanced meal plan that tastes good, provides lots of flavor and texture, and reduces caloric intake. This meal plan is based on the Flavor Set-Point Theory. According to the Flavor Set-Point Theory, overweight people need greatly intensified flavor and varied texture in their food to feel fully satisfied with what they've eaten. By *satisfying* client needs with a wide range of *real* food choices and Flavor Enhancers, the Nutri/System Program spells successful weight control for millions of Nutri/System clients.

What Is the Flavor Set-Point Theory?

The recipes in this cookbook are based on the Flavor Set-Point Theory that was developed by Susan S. Schiffman, Ph.D., Professor of Medical Psychology at Duke University Medical Center and Director of the Weight Loss Unit. After years of research in nutrition and psychology, Dr. Schiffman concludes that all of us, whether thin or overweight, have a specific requirement—a “set-point”—for flavor and texture in our food. And to feel *satisfied* with what we eat and drink, we must reach that set-point level.

Dr. Schiffman also observed that overweight people have an exaggerated flavor and texture set-point. She realized that when the

flavor and texture of their food are intense and varied enough, they feel *satisfied* with a low-calorie diet, are better able to control their food intake, and thus lose or control their weight.

Dr. Schiffman's Flavor Set-Point Theory may sound simple, but it is an important finding: When dieters feel fully satisfied with the taste and texture of their meals, they are less tempted to binge and gain back lost weight. By satisfying their food cravings, these dieters are no longer "restrained eaters"—potential bingers who compensate for feeling deprived by eating uncontrollably as soon as their restraint fails.

The result? They are more successful at controlling their weight. That's why Nutri/System invited Dr. Schiffman to join our National Health Sciences Advisory Board in 1985: to help us incorporate her research in the fields of obesity, weight control, and the biochemistry of foods into our weight-loss program.

Some Background on the Nutri/System Program

The 1983 International Congress on Obesity has established standards for professional weight-control programs: low-calorie meal plans, behavior and nutrition counseling, and exercise. The Nutri/System Weight Loss Program is designed to meet those standards by providing clients with structured 1100–1500 calorie meal plans, along with the nutritional and psychological support they need to *control* their weight.

The Nutri/System Weight Loss Program takes all aspects of weight control very seriously. Founded in 1971, we continually follow scientific investigations and advances in the fields of nutrition, obesity, health, and fitness, and update our program to reflect the very latest research in these areas.

Our Nutri/System staff professionals work closely with our National Health Sciences Advisory Board, an active panel of distinguished scientists. In addition to Dr. Schiffman, who advises us on the psychology and biochemistry of weight control, we have the counsel of Judith Rodin, Ph.D., Professor of Psychiatry and Professor of Medicine, Yale University; Peter D. Wood, D.Sc., Ph.D., Professor of Medical Research, Stanford University School of Medicine; Michael

Feuerstein, Ph.D., Director of Behavioral Medicine Programs, University of Rochester School of Medicine; Jay A. Winsten, Ph.D., Director of the Harvard Center of Health Communication and Assistant Dean, Harvard School of Public Health; Bonnie Spring, Ph.D., Professor of Psychology, University of Health Sciences, Chicago Medical School.

Let me tell you a little about the Nutri/System Weight Loss Program. At our nearly 1800 weight-loss centers worldwide, clients who enroll in our program choose from a wide variety of highly flavored and textured breakfast, lunch, and dinner entrees, as well as desserts, beverages, and snacks. The snacks are specially formulated to be high in flavor and texture to satisfy those between-meal cravings that cause many overweight people to drop off a weight-control program. All Nutri/System food is *real food*—easy to prepare, and calorie- and portion-controlled. And our meal plan is carefully structured so clients get the nutritional balance they need each day.

Just as important, our clients visit our centers weekly for one-on-one nutritional guidance and counseling, as well as group behavior classes in which they learn how to change those habits that have contributed to their weight. And clients who purchase the Full Service or Premier Program also receive an exclusive, self-paced activity plan to help them make a gradual transition to a more active lifestyle. Finally, there's a one-year Maintenance Program to help Full Service and Premier Program clients control their weight once they've lost it.

The Nutri/System Weight-Loss Cookbook

With *The Nutri/System Flavor Set-Point Weight-Loss Cookbook*, we are introducing to the public for the first time the concept of heightened flavor and texture in recipes you can cook at home, all without adding excessive calories, fat, or salt. Here you will find hundreds of specially created recipes that are nutritionally sound, but still rich in all the tastes and textures usually found only in high-fat, high-calorie foods. These flavorful recipes embody all the tested weight-loss principles underlying the Nutri/System Weight Loss Meal Plan's success.

From our years of experience, we know how easy it is for dieters to deviate from their weight-loss commitment. How hard it is to plan and cook well-balanced meals. How tempting it is for cooks to nibble when they're around food. How frustrating it is to cook for the family

—then sit down to a plate of lettuce and cottage cheese. We have designed *The Nutri/System Flavor Set-Point Weight-Loss Cookbook* to make it easy for people like you to master weight-control cooking. Each recipe lists its caloric and nutritional content, as well as its food exchange values, according to the principles established by the American Diabetic Association and the American Dietetic Association.

You'll also find many suggestions for using these recipes in a weight-control program that appeals to your own needs. There are fourteen days of menus, and, depending on your own needs, you can choose among three menu plans—one for 1300 calories a day, another for 1500 calories a day, and a third for 2000 calories a day.

This weight-control book will also help you turn destructive eating patterns into productive weight management. For instance, you'll find tips to bolster your resolve under all kinds of circumstances—when you're the host or hostess, when you're a guest, when you travel, when you're at home, when you're alone, and when you're the one in a non-dieting household who has to prepare the food.

Perhaps most important, these are recipes that you can prepare and enjoy with your family and friends. Even the slimmest among them will find these nutritious, flavorful, and filling selections every bit as good as their everyday, high-calorie, high-sodium, high-fat favorites. You now have the freedom to share your new recipes with others—and they probably won't even know the difference. But you will.

We at Nutri/System, Inc., hope this book gives you a flavorful taste of the basics of the Nutri/System Weight Loss Meal Plan that has been successful for millions of people.

Stuart Shapiro, M.D., M.P.H.

SENIOR VICE PRESIDENT OF HEALTH AND SCIENTIFIC AFFAIRS

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