

Program	Meeting Type	Web Tool	Coaches?	Diet type?	Program Prepared Meals?	Program Info	Supplements?	Published Results?
<b>Transitions Lifestyle System</b>	Weekly Support Meetings (group or individual), Daily Journal, Support DVDs, behavior modification, focus on changing body composition, education based	<b>\$9.95/mo</b> with online support, progress tracker, meal planner, grocery list creator, exercise planner/tracker, supplement tracker	<b>Company Certified Coaches</b>	Glycemic Index	Prepare Your Own Meals	Based on glycemic index eating. Backed by published scientific study. <b>The only program that targets body fat and changing body composition.</b> Glycemic Index eating backed by World Health Organization	Yes (Healthy Living or Weight Management)	Average of 14 lbs, 4% body fat, 4" off waist after 12 weeks
<b>Weight Watchers</b>	Weigh In, program materials, access to snacks, videos, etc.	<b>\$65 for 12 weeks</b> online access; recipe choices, meal tracker, exercise tracker	Led by successful program Competers	Flex Plan or Core Plan	No	<b>Flex:</b> based on making better food choices by tracking POINTS® values. <b>Core:</b> focuses on eating nutritious, satisfying foods without counting or tracking.	No	Average of 10 lbs after 1 year (did not track body fat %)
<b>NutriSystem</b>	No Support Meetings	Free.	Online Support from company-trained counselors & dietitians	Glycemic Advantage	Yes	Glycemic Advantage: Combine calorie restriction and glycemic index for creating prepared foods.	No	No
<b>Jenny Craig</b>	Private weekly support meetings	<b>\$15/month:</b> online access recipes, e-tools, community support; online journal, activity tracker	Company Trained Counselors	Calorie Restricted w/Pre-Packaged Meals	Yes	Calorie Restricted Meals	Optional	No
<b>Seattle Sutton</b>	No Support Meetings.	Not Offered.		Calorie Restricted	Yes	Calorie Restricted Meals		
<b>OptiFast</b>	Support Meetings.	Unknown	Medically Monitored	Meal Replacement	Yes	Calorie Restricted Meals	No	No
<b>LA Weight Loss</b>	Individual Sessions	Not Offered.	Company Trained Counselors	Calorie Restricted	No	Calorie Restricted Meals	Optional	No
<b>Isagenix</b>	No Support Meetings.	Not Offered.	No	Cleanse with Calorie Restriction	Yes	Snacks & Meal Replacements (1 meal per day)	No	No
<b>South Beach</b>	No Support Meetings.	<b>\$20.00/Mo</b> Yes Customized Meal Plan, Tools to track your weight, phase, and diet goals, online support and community	No	Low-Carb. Eliminates necessary carbs	Yes (from grocery store)	Low-Carb, fat restricted	No	No