



ROOT™ & ROOT™ PLUS

REAL OPTIONS FOR OVERWEIGHT THERAPY

LEAF
WEIGHT MANAGEMENT CLINIC
LIVE.EAT.ACTIVITY.FOREVER.

YOUR ROOT™ PROGRAM BEGINS ON:

GETTING OFF TO A GREAT START

At LEAF™, we believe in creating and maintaining supportive environments.

This means that everyone can share their experiences and opinions without worrying about being judged.

Respect is very important. We strive to ensure that staff and participants work together to maintain the dignity and self-esteem of each other.

Your best weight is the one you can sustain while having healthier habits, enjoying the benefits of improved health, and living your best life. Small changes on the outside can have big benefits on the inside!

There are many beliefs about weight. At LEAF™ Weight Management Clinic, we strive to treat everyone with respect and dignity, and help them on their path to becoming as healthy as possible.

We believe in the key principles of weight management:

Weight (overweight and obesity) is a chronic condition.

Chronic means “long term”, so only long-term solutions will work. Successful weight management depends on realistic treatments you can stick with over time. Quick-fix solutions often result in weight regain.

Weight management is more than just the number on the scale.

Success should be measured in health improvement and well-being instead of the amount of weight lost. Small reductions in weight can have a huge impact on health.

Change happens by addressing root causes and roadblocks.

Weight is more complicated than “eating less” and “moving more”. Looking at why someone may have a slow metabolism, increased appetite, or reduced activity is essential for getting at the root cause of things and finding ways to move forward.

Success is different for everyone.

Everyone is different and has unique experiences. We are all balancing the effects of our genes, emotions, physical capacity, and more. Modest weight loss (5%) is often undervalued as successful. The good news is that a 5% weight loss can have big impacts on long term health. Consider broadening the idea of success by setting your sights on the prevention of further weight gain, improved energy level, and even reduced markers of chronic conditions like diabetes and heart disease.

Your best weight may not be an ideal weight.

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Welcome Program at a Glance

Live, Eat, Activity, Forever™ (LEAF™)

ROOT™ & ROOT™ Plus- Real Options for Overweight Therapy.











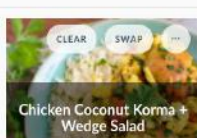


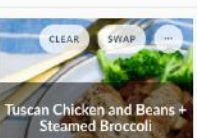
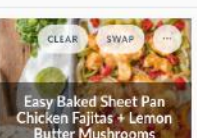


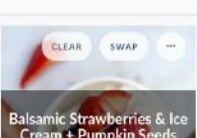
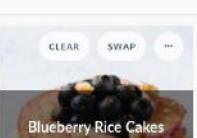
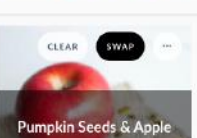
The ROOT™ program is a 24-week program which includes:

- 1 initial consultation with your LEAF™ registered dietitian
- 5 follow-up visits with your LEAF™ registered dietitian
- Co-ordinated visits with the LEAF™ doctor
- Reduced energy eating pattern with partial meal replacement (1-2 shakes/day) with Optifast® 900. **Note:** The cost of the Optifast® shakes is not included in the cost of the program.
- Tools and resources to encourage long term success

ROOT™ Plus

This enhanced program provides all the features of ROOT™ with the addition of access to an interactive meal planning portal. Our dietitians will tell you what to eat! You have the ability to swap meals, create favorites boards, schedule your plans, generate grocery lists and more all via the web or your mobile device. These meal plans are designed to be flexible while satisfying your taste preferences and nutrition needs.

Sample of a ROOT™ Plus meal plan:

Chicken Coconut Korma and more ...					
	Day 1	Day 2	Day 3	Day 4	Day 5
BREAKFAST					
LUNCH					
DINNER					
SNACK					

The ROOT™ & ROOT™ Plus program is best suited to persons who:

- Are concerned about their weight
- Ready to make a change
- Have a body mass index (BMI) of 30 or more OR
- Have a BMI of greater than 25 and have weight-related health complications
- Can commit to attending monthly appointments
- Are medically appropriate to participate in a meal replacement program supervised by a doctor
- Are able to drink a shake that contains milk, sucralose, and stevia if they choose partial meal replacement

We kindly ask that you:

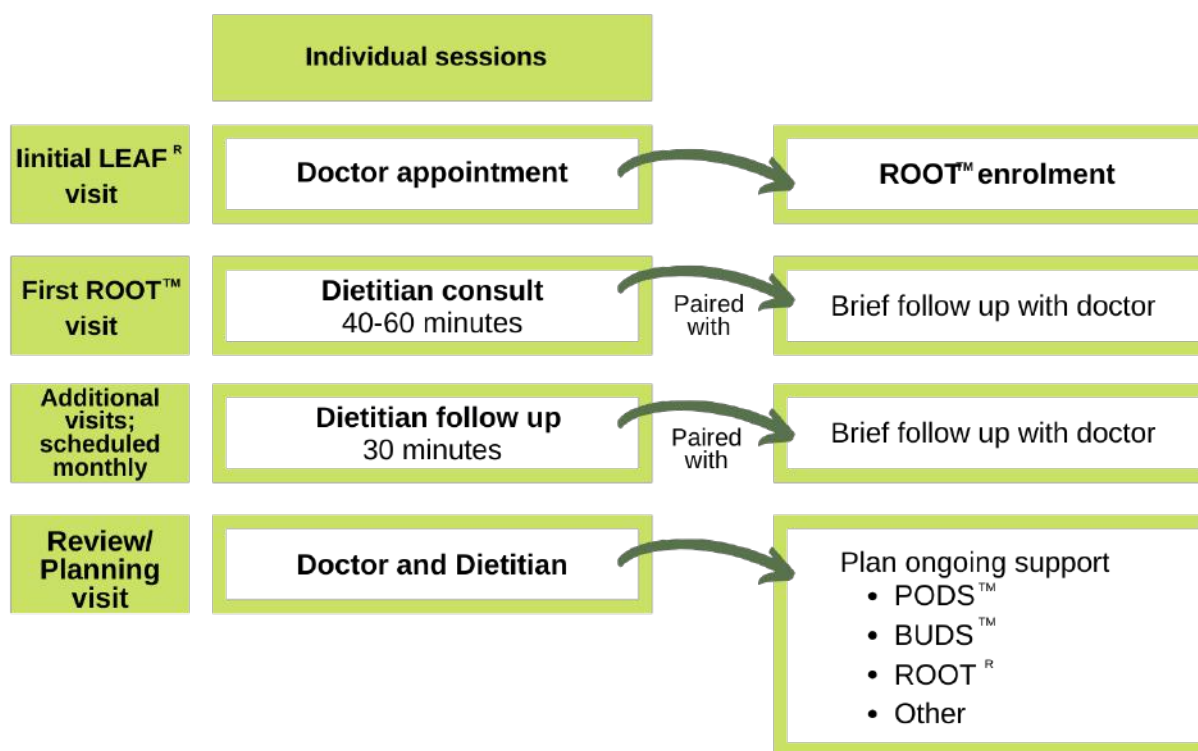
- Advise the clinic if you will not be attending an appointment
- Arrive on time and be prepared to stay until the end of your appointment
- Limit distractions during your appointment

If you have any questions, concerns or comments outside of your regularly scheduled visit times, we can be reached during regular office hours, Monday to Friday from 8:30 am to 4:00 pm at (613) 701-1222 or at info@leafwmc.com.

Follow @LEAFwmc on social media for recipes, new research publications, weight management tips, motivation, and more!

For any urgent medical concerns, please visit your nearest urgent care center or contact your family doctor.

Root™ & ROOT™ Plus Program Overview:



*Optifast® 900 is a low calorie, high protein nutritionally balanced medical food. More details on Optifast® 900 are available on page 28 of this guide.

Note: The cost of Optifast® shakes is not included in the cost of the ROOT™ or ROOT™ Plus program.

Learning about nutrition and developing skills needed to support behavioural changes are key to success. The counselling sessions focus on:

- Enhancing motivation and readiness to change
- Developing supportive strategies
- Improving fitness and nutrition knowledge
- Identifying barriers that may be holding you back
- Reframing negative thinking into positive thinking
- Building the confidence to practice healthy habits long term

Appointments

Our goal is to provide you with a safe and healthy weight management program. Once you have purchased your ROOT™ or ROOT™ Plus program, a consultation appointment will be scheduled with the Registered Dietitian. This appointment will also include a visit from your program physician.

NOTE: DUE TO COVID-19 we are not conducting in person appointments. Presently, we are conducting ONLY virtual appointments. Please refer to the virtual appointment details.

In person appointments (currently NOT available with COVID-19):

Before you see the dietitian, a medical office assistant will take your measurements to help you track your progress. These measurements can include height, weight, body composition, and waist circumference.

Suggestions for measurements:

- Wear light/similar clothing to the clinic each time you are getting measured
- Remove your shoes. Sandals are available but you may wish to bring your own slip-on footwear. Weight and body composition cannot be measured if you are not in bare feet.

Please be prepared for your measurements by limiting the items you may wish to remove – such as watches, belts and other accessories. This will help speed up your measurement process and help the appointment run in a timely manner.

You may wish to bring your tracking sheet, found at the end of this guide, with you for your assessment. You can use the tracking sheet to record the results of your measurements for comparison over time.

Virtual Appointments (All programs are currently virtual during COVID-19)

You will be provided with an appointment reminder by email. If your appointment is via virtual video conference (ZOOM) you will receive a link with a unique meeting ID number via email prior to your appointment. At the time of your appointment, please use the link to connect to your virtual meeting. Please be patient – your dietitian will do their best to be prompt for your meeting start time. If your appointment is by phone, your dietitian will call the preferred number we have on file.

We strongly recommend you are in a private place with limited distractions for the duration of your appointment. Please refrain from driving during your appointment.

There are several measurements that you can do at home that are valuable in assessing your health and progress in the program. There is a chart at the end of this guide that you can use for recording these measurements.

These include:

- Waist measurement
- Weight
- Blood pressure

Waist measurement

Using a flexible measuring tape

- Stand up straight and remove clothing from around your waist
- Wrap the tape measure around your middle using the small of your back as a guide. This should help position the tape about halfway between your lower rib and the top of your hip bone. The belly button is not the best landmark for a waist measure.
- Check that the tape is level all around and snug against but not pressing into your skin.
- Take a deep breath, then let it out to relax your muscles and finally measure.
- You may want someone to assist you in taking a waist measure.

Weight

If you have a scale at home, measuring your weight once a week to once a month may be helpful to you. If you do not have a home scale and wish to purchase one you might consider the following options available for modest prices for purchase online or local retailers:

- Renpho Body Fat Scale – Digital, Bluetooth, Body Composition (396 lb Capacity)
- Etekcity Body Fat Scale - Digital Bluetooth Body Composition (400 lb Capacity)
- EatSmart Products Extra Wide Digital Scale (550 lb Capacity)
- My Weigh SCMXL700T Talking Bathroom Scale (700 lb Capacity)

Blood Pressure

If you have a home blood pressure cuff you can follow the directions below to monitor your pressure. Do not smoke or drink caffeine 30 minutes before you plan to take your blood pressure

- Rest quietly for 5 minutes before starting.
- Sit with your feet flat on the floor and your back and arm supported. Keep your arm at heart level.
- Apply the cuff on a bare arm.
- Take the measurement and record the value – you may want to take more than one reading in one sitting and record the average value.

If you would like to get a blood pressure cuff for home use, Hypertension Canada's website recommends devices you could consider. See

<https://hypertension.ca/bpdevices>

Blood Work

Before starting the program, you may be asked to have initial blood work completed. If you recently had blood work done for another health care provider and the results are available to your ROOT™ doctor, this can be used as your initial blood work. These tests ensure that you may safely begin your Optifast® 900 partial meal replacement.

For safety reasons, if you do not complete these tests, the doctor may not authorize starting meal replacement shakes.

Blood work testing may be recommended at the discretion of your ROOT™ doctor during your program. The blood work helps us understand your nutrition and health

needs and can even be used for additional measures of change during the ROOT™ program. Weight is only one marker of change. Measuring different factors in your blood can also show changes in health that come with improved nutrition, fitness, and medications (if applicable).

Please take the requisition provided by your ROOT™ doctor to the laboratory when you go. This ensures that your ROOT™ doctor gets the test results they require. Tests may be done at any community laboratory. Patients may be required to fast for 8 hours (nothing to eat or drink for 8 hours).

Results of all tests requested at LEAF™ will also be carbon copied to your family doctor or nurse practitioner.

Please note: The appointments with your ROOT™ doctor are for managing care related to your participation in the ROOT™ program. Any additional medical concerns unrelated to your weight management should be discussed with your family doctor or nurse practitioner, including any prescription renewals for medications prescribed by your family doctor.

The ROOT™ doctor has the right to discharge you from the program if you are not attending your doctor appointments or dietitian sessions.

Medications for Weight Management

There are weight management medications approved for use in Canada. One of these medications may be recommended to you by your LEAF® physician. These can be used in conjunction with the ROOT™/ROOT™ Plus program. The decision to start or continue a medication ultimately remains yours. Cost of any appropriate medications is in addition to the cost of the ROOT™/ROOT™ Plus program

Structured Meals


The ROOT™/ROOT™ Plus program encourages eating healthy, nutritious foods as part of structured meals and snacks throughout the day. Foods and beverages should be “whole” or minimally processed. Aim to eat meals and snacks that have fibre from fruit, vegetables, and whole grains along with protein-rich foods like dairy products, beans, nuts, seeds, fish, poultry, eggs and lean meats. These foods will keep you feeling full and satisfied for longer.


Working with your body:


- Start your day with breakfast within 2 hours of waking; in the ROOT program, for instance, this could be an Optifast® shake.
- Plan to eat 3 to 4 times during the day
 - You can eat more often but make sure you are eating smaller portions
- Eat every 4-5 hours to prevent becoming overly hungry as this can lead to overeating
- If meals are more than 6 hours apart, plan a healthy snack to bridge the gap.



Build structure not complication! We recommend using the Plate Method approach to planning meals. This pattern of eating is a structured but simple way to eat a variety of healthy foods in a balanced way.

Plate Method
Start with a plate that is 8-9 inches in diameter

Fill ½ the plate with vegetables 

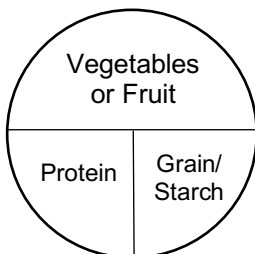
Fill a ¼ of the plate with a grain or starch 

Fill a ¼ of the plate with protein 

You can add a fruit and a dairy food to complete the balanced meal  

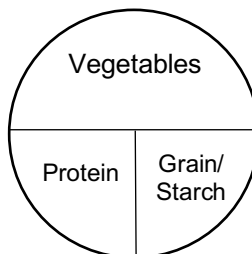


Breakfast



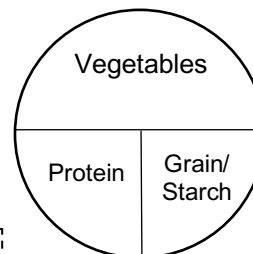
Snack:
Fruit

Lunch



Snack:
Fruit +
Protein

Dinner



Snack:
Alternate

Handy Portion Guide



Grains and starches*/ Fruits*

Choose an amount the size of your fist for grains or starches, or fruit.

Milk and alternatives*

Drink up to 1 cup (250 mL) of low-fat milk with a meal.



Vegetables*

Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



Meat and alternatives*

Choose an amount the size of the palm of your hand and the thickness of your little finger.



Fat*

Limit fat to an amount the size of the tip of your thumb.

Source: Diabetes Canada

Stepping Up the Structure

For additional structure to the Plate Method, you can try a food exchange or meal plan system. In this approach, foods are grouped based on their nutrients and calories.

You begin each day with a recommended number of food choices from each group. The number of food choices work together to give you a good balance of nutrition within a specific calorie range.

How to use this approach:

- Portion sizes for “1 choice” are provided below. Measures are for cooked foods where appropriate (pasta, meats, etc.)
- Spread these choices out over the day
- Aim for at least 3 of the 4 food groups at each meal.
 - Food groups: Vegetables, Fruit, Grains and Starches, Proteins
- Eat every 4-6 hours to manage hunger
- Use herbs, spices, fresh garlic and ginger, lemon juice, wine, and vinegars for flavor when cooking instead of added fats
- See below for sample menus

You can use the serving size chart and the meal plan tracking sheets in this program guide to help you plan your meals. There is a meal plan tracking sheet for meals and snacks, one daily meal replacement + meals and snacks, and two daily meal replacements + meals and snacks.

1 Choice Equals...	Non-starchy vegetables ~30 calories/1 cup	Condiments ~30 calories
	Asparagus, green beans, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, greens, eggplant, kale, leeks, lettuce, mixed vegetables, mushrooms, onion, parsnips, peas, peppers, pumpkin, radishes, snow peas, spinach, squash, tomato, turnip, zucchini.	<ul style="list-style-type: none"> • 2 dill pickles • 1 tsp BBQ sauce • 1 tsp low sugar fruit spreads • 1 Tbsp salsa • 1 Tbsp ketchup or mustard • 2 Tbsp low calorie Italian dressing
CARBOHYDRATE	Fruit ~65-70 Calories; 15 g Carbohydrate	Grain & Starch ~80-100 Calories; 15 g Carbohydrate
	<ul style="list-style-type: none"> • 1 medium (tennis ball) size fruit: apple, orange, pear • 1 small banana (4" or ½ large) • ½ grapefruit • 2 kiwis • 2 small plums • 1 cup berries (strawberries, blueberries) • 2 Tbsp dried fruit - raisins, cranberries, cherries 	<ul style="list-style-type: none"> • 1 slice bread • ¼ – ¾ cup cold cereal* • ½ c cooked hot cereal • ½ cup potato - white or sweet • ½ cup cooked pasta • ½ small bagel or ½ English muffin • 1 – 6 inch whole wheat tortilla • 6 crackers* • ⅓ cup cooked rice • ½ cup corn • 3 cups plain popcorn <p>* Depends on brand. Please refer to Nutrition Facts on product package for serving size to provide 80-100 Calories</p>
PROTEIN	Milk & Alternatives ~ 90-100 Calories; 8 g Protein	Meat & Alternatives ~50-100 Calories; 8 g Protein
	<ul style="list-style-type: none"> • 1 cup skim or 1% milk • ¾ cup yogurt 0-2% milk fat (regular or Greek; plain or artificially sweetened) • 1 cup of fortified soy or rice beverage 	<ul style="list-style-type: none"> • 30 g/1 oz any lean meat, fish or poultry (remove skin and visible fat) • 30 g/1 oz shellfish (lobster, crab, scallops, shrimp) • ¼ cup canned fish, drained • 1 egg or 2 egg whites • 1Tbsp peanut butter • 30 g/1 oz lower fat cheese (< 20% milk fat = M.F.) • ¼ cup cottage or ricotta cheese • ½ cup firm or regular tofu • ½ cup chick peas, beans, lentils
FATS	<ul style="list-style-type: none"> • 1 tsp canola, olive, sunflower or peanut oil • 1 tsp non-hydrogenated margarine • 1 tsp reg. salad dressing/mayo • 2 Tbsp low-fat, calorie-wise salad dressing 	<ul style="list-style-type: none"> • 1 Tbsp light mayonnaise • 3 Tbsp light sour cream (5% M.F.) • 2 Tbsp light cream cheese • 1 Tbsp nuts or seeds* • 1/6 of an avocado • 8-10 olives <p>*Average serving for nuts and seeds</p>
<p>Fluid milk and yogurt provide about 15 g of carbohydrate per serving. Beans, peas, and lentils also provide about 15 g of carbohydrates per serving.</p> <p>Unlimited use of low calories items including: herbs, spices, seasonings, flavoured vinegar, broth, bouillon, non-sugar sweeteners, and calorie free beverages</p>		

Sample Menu for a Reduced Calorie Meal Plan

Choices/Day:

Unlimited vegetables
 2-3 Fruits
 4-5 Grains and starches (G&S)
 8-10 Protein (dairy, meat, alternatives)
 2-3 Fats & oils
 2-4 Condiments

Meal	Food	Veg	Fruit	G&S	Protein	Fats	Condiments
Breakfast	1 egg				✓		
	1 slice of whole wheat toast			✓			
	1 tsp. margarine					✓	
	2 tsp. ketchup						✓
	¾ cup low fat vanilla yogurt				✓		
	1 cup berries		✓				
	Coffee or tea						
Lunch	Chicken wrap: 1 small whole wheat tortilla 3 oz. chicken breast Lettuce, tomato, pepper, cucumber 1 tsp. light mayonnaise)	✓		✓	✓✓✓	✓	
	1 small banana		✓				
	1 cup skim milk				✓		
Snack	1 cup vegetable cocktail	✓					
	6-10 whole grain crackers			✓			
Dinner	Grilled vegetables or salad	✓					
	2 tsp. light Italian dressing						✓
	3 oz. meat (fish, poultry, beef)				✓✓✓		
	1 tsp. BBQ sauce						✓
	1 medium baked potato with 3 tsp. light sour cream			✓✓		✓	
	1 cup skim milk				✓		
Snack	½ cup fruit salad	✓					
	6 almonds					✓	
Total daily food choices:		3	3	5	10	4	3

Planning Meal Replacements

Meal replacement shakes can be used to replace one or two meals in your day.

Using meal replacements can help address several common challenges including:

- Planning one or more meals
- Reducing cues to eat in difficult situations
- Providing a quick meal solution where you might skip a meal
- Providing a substitute when food options are limited or not appropriate

Meal replacements can be consumed alone or with other foods to meet your nutrition needs. For example, you might choose to have a shake and a fruit for breakfast. You can even blend your shake with fruit and ice to make a smoothie.

You can use the shake at the same meal each day or you can use the shake for different meals on different days. You should always plan ahead to work your shake(s) and food choices into your day

Planning guide for 1 & 2 meal replacements per day:

<p>1 Optifast® 900 meal replacement shake per day PLUS</p> <p>Unlimited vegetables</p> <p>2-3 Fruits } 7 carbohydrate foods</p> <p>3-4 Grain and starches }</p> <p>1-2 Milk and alternatives } 7 protein foods</p> <p>4-5 Meat and alternatives }</p> <p>2 Fats and oils</p> <p>2-4 Condiments</p>	<p>2 Optifast® 900 meal replacement shakes per day PLUS</p> <p>Unlimited vegetables</p> <p>1-2 Fruits } 5 carbohydrate foods</p> <p>2 Grain and starches }</p> <p>1 Milk and alternatives } 5 protein foods</p> <p>4 Meat and alternatives }</p> <p>1-2 Fats and oils</p> <p>2-4 Condiments</p>
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More details about the meal replacement are found on page 28.

The sample meal ideas and recipes in this guide can be used to compliment the use of shakes during the day. Talk to your ROOT™/ROOT™ Plus dietitian for additional meal plans using meal replacements, healthy meals, and snacks.

Meal Plan Tracking – Meals & Snacks

	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		
	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		
	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		
	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
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	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		
	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		
	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		

Meal Plan Tracking – 1 Meal Replacement with Meals & Snacks

	Vegetables	Unlimited	Notes
	Fruit	○○○	
	Grains & Starches	○○○○	
	Protein	○○○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○	
Fluid ○○○○○○○○○			Protein = Milk & Alt or Meat & Alt
	Vegetables	Unlimited	Notes
	Fruit	○○○	
	Grains & Starches	○○○○	
	Protein	○○○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○	
Fluid ○○○○○○○○○			Protein = Milk & Alt or Meat & Alt
	Vegetables	Unlimited	Notes
	Fruit	○○○	
	Grains & Starches	○○○○	
	Protein	○○○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○	
Fluid ○○○○○○○○○			Protein = Milk & Alt or Meat & Alt
	Vegetables	Unlimited	Notes
	Fruit	○○○	
	Grains & Starches	○○○○	
	Protein	○○○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○	
Fluid ○○○○○○○○○			Protein = Milk & Alt or Meat & Alt
	Vegetables	Unlimited	Notes
	Fruit	○○○	
	Grains & Starches	○○○○	
	Protein	○○○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○	
Fluid ○○○○○○○○○			Protein = Milk & Alt or Meat & Alt
	Vegetables	Unlimited	Notes
	Fruit	○○○	
	Grains & Starches	○○○○	
	Protein	○○○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○	
Fluid ○○○○○○○○○			Protein = Milk & Alt or Meat & Alt
	Vegetables	Unlimited	Notes
	Fruit	○○○	
	Grains & Starches	○○○○	
	Protein	○○○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○	
Fluid ○○○○○○○○○			Protein = Milk & Alt or Meat & Alt

Meal Plan Tracking – 2 Meal Replacements with Meals & Snacks

	Vegetables	Unlimited	Notes
	Fruit	○○	
	Grains & Starches	○○	
	Protein	○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○○	
Fluid ○○○○○○○○			Protein = Milk & Alt or Meat & Alt
	Vegetables	Unlimited	Notes
	Fruit	○○	
	Grains & Starches	○○	
	Protein	○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○○	
Fluid ○○○○○○○○			Protein = Milk & Alt or Meat & Alt
	Vegetables	Unlimited	Notes
	Fruit	○○	
	Grains & Starches	○○	
	Protein	○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○○	
Fluid ○○○○○○○○			Protein = Milk & Alt or Meat & Alt
	Vegetables	Unlimited	Notes
	Fruit	○○	
	Grains & Starches	○○	
	Protein	○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○○	
Fluid ○○○○○○○○			Protein = Milk & Alt or Meat & Alt
	Vegetables	Unlimited	Notes
	Fruit	○○	
	Grains & Starches	○○	
	Protein	○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○○	
Fluid ○○○○○○○○			Protein = Milk & Alt or Meat & Alt
	Vegetables	Unlimited	Notes
	Fruit	○○	
	Grains & Starches	○○	
	Protein	○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○○	
Fluid ○○○○○○○○			Protein = Milk & Alt or Meat & Alt
	Vegetables	Unlimited	Notes
	Fruit	○○	
	Grains & Starches	○○	
	Protein	○○○○○	
	Fats	○○	
	Condiments	○○○○	
	Shake	○○	
Fluid ○○○○○○○○			Protein = Milk & Alt or Meat & Alt

Mix and Match Meal Ideas

The following meals provide the following approximate nutrition:

	Breakfast	Lunch	Dinner
Energy (Calories)	300	400	500
Protein (g)	20	25	30
Carbohydrate (g)	40	55	50

For a 1200 calorie day, choose:

- Any breakfast,
- Any lunch, and
- Any dinner

For a 1500 calorie day, choose:

- Any breakfast,
- Any lunch, and
- Any dinner
- Add one of each during the day
 - 1 grains & starch choice
 - 1 fruit choice
 - 1 protein choice

A meal replacement shake can be used to replace any meal in your day. Only replace the number of meals that was recommended by your ROOT™ doctor.

Breakfast:

Option 1 – Breakfast Parfait

¾ cup plain, 0% M.F. Greek Yogurt
 3 Tbsp Kellogg's All Bran Buds
 1 cup frozen mixed berries
 12 almonds, unsalted



Add ingredients to a cup, stir and enjoy!

Option 2 – Blueberry Smoothie

In a blender, combine:

1 medium banana
 1 cup skim or 1% milk,
 ¼ cup frozen blueberries



Add water and/or ice for desired texture.

Optional flavours:


¼ tsp vanilla
 Dash allspice
 Non-sugar sweetener

Easy Microwave Scrambled Eggs

- Spray a microwave safe dish with oil
- Crack egg(s)
- Add 1-2 tsp of water
- Add seasoning to taste
- Scramble together eggs, water, and seasoning with a fork
- Microwave on high for 60 seconds, stopping at 30 seconds to scramble again.

Option 3 – Breakfast Sandwich

1 whole egg (see easy microwave scrambled egg instructions)
1 English muffin, whole wheat, toasted
1 slice of ham or other cold cut
15 g low fat cheddar cheese (18% M.F. or less)

Assemble sandwich and enjoy! 

Option 4 – Apple Cinnamon Oatmeal

2 pouches of instant oatmeal, made with water
¼ cup skim or 1% milk
½ scoop whey protein isolate, unflavoured
½ medium apple, raw (with or without skin)
Add cinnamon and non-sugar sweetener to taste.



Option 6 – Portable Veggie Omelet

2 egg omelet made with lots of vegetables (bell pepper, onion, mushroom, etc.)
1 small whole wheat tortilla
1 Tbsp salsa
1 Tbsp shredded cheddar cheese



Put omelette, salsa and cheese in tortilla, roll and enjoy!

Option 5 – Open face pear and cheese sandwich

1 slice of whole grain bread, toasted
15 g soft, spreadable cheese (ex: goat cheese)
1 medium pear, sliced and cored

Assemble sandwich and sprinkle ginger, cloves, and/or non-sugar sweetener on top to taste.



1 cup skim or 1% milk

Option 7 – Protein Topped Waffles

½ cup cottage cheese (1% M.F.)
½ cup frozen strawberries
1 Nature's Path Flax Plus Waffle (or similar toaster waffle), toasted
1 Tbsp maple syrup

Top waffles with cottage cheese, strawberries, and maple syrup and enjoy!



Lunch:

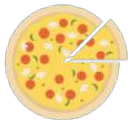
Option 1 – Pita Pizza and a Salad

1 pita bread, whole wheat
3 Tbsp tomato sauce
2 Tbsp shredded mozzarella cheese
½ cup sliced veggies (bell peppers, mushrooms, tomato)
14 g pepperoni (pork, beef or turkey)

Preheat oven to 350°F.

Top pita with sauce, cheese, vegetables and pepperoni.

Bake on baking sheet until cheese is melted.



2 cups garden salad (lettuce and chopped vegetables)
1 Tbsp Italian salad dressing

Option 3 – Beans and vegetables

180 mL baked beans, canned in tomato sauce (warmed)
10 baby carrots, raw
1 sliced cucumber
Bell pepper strips, red, yellow, and/or orange
¼ cup hummus
1 stick string cheese, marble or mozzarella

Option 5 – Turkey Cranberry Wrap

1 large tortilla wrap, whole wheat
60 g/2 oz turkey, rotisserie, deli cut
1 Tbsp cranberry sauce, canned
1 Tbsp mayonnaise, light
½ cup chopped lettuce



Mix cranberry sauce and mayonnaise together and spread evenly on tortilla. Add sliced turkey and top with lettuce. Roll and enjoy!

Option 2 – Chickpea Salad (Choice Menus Cookbook)

Note: Makes 2 lunches

2 Tbsp red wine vinegar
1 Tbsp olive or canola oil
1 clove garlic, minced
¼ tsp each salt and black pepper
1 can chickpeas, drained and rinsed
¼ cup each diced red bell pepper, cucumber, onion
¼ cup pitted black olives
1 Tbsp fresh parsley, chopped
1/2 tsp each dried oregano, rosemary, and thyme

In a bowl, whisk vinegar, oil, garlic, salt and black pepper.

In a separate bowl, mix chickpeas, red pepper, cucumber onion, olives, parsley, oregano, rosemary, and thyme.

Pour vinegar mixture over salad and mix.

Option 4 – Easy Egg Salad Sandwich

2 slices whole grain bread, toast if desired
1 hard-boiled egg
1 Tbsp light mayonnaise
1 dash each dry mustard, salt, and pepper

Dice egg and mix with mayonnaise and spices.

Spread on bread and top with other slice

½ cup mixed fresh or frozen fruit
125 g yogurt, fat free sweetened with low calorie sweetener



Option 7 – White Bean with Rosemary and Kale Soup

1 serving of soup (see recipe on p. 19)

Eat with:

½ cup cottage or ricotta cheese

½ cup honeydew

2 crackers, Ryvita dark rye

1 cup skim or 1% milk



Option 6 – Spicy Beans on Toast

4 small tortillas, whole wheat

1 can kidney beans, drained and rinsed

¾ cup salsa

1 tsp chilli powder

¾ cup shredded cheddar cheese

1 green onion, sliced



Bake tortillas in oven for 10 min at 350°F.

In a saucepan, mash beans and stir in salsa and chilli powder. Heat on low on stovetop until warm.

Fill each crisp tortilla with ¼ of the beans, top with ¼ of the cheese and onions.

Bake in 350°F oven for 10 minutes or until cheese is melted.

Serve warm.

Note: makes 4 lunches

Dinner:

Option 1 – Salmon with quinoa and vegetables

1 serving roasted salmon (see recipe on p. 20)

125 mL grains, quinoa, cooked

1 cup green beans, steamed

Option 3 – Dijon Chicken with Broccoli and Potato

1 serving Dijon chicken (see recipe p. 20)

Eat with:

1 cup chopped broccoli, cooked, 1

medium potato topped with 1 tbsp light

sour cream

Option 2 – Broccoli and Barley Stuffed Bell Peppers

1 serving stuffed peppers (see recipe on p. 21)



Option 4 – Butternut Squash, Barley and Cheddar Bake

1 serving butternut squash bake (see recipe on p. 22)

Eat with:

2 cups garden salad (lettuce and chopped vegetables)

1 Tbsp Italian salad dressing



Option 5 – Coconut Curry Tofu with Mango and Spinach Salad

1 serving coconut curry tofu (see recipe on p. 23)

1 serving mango and spinach salad (see recipe on p. 23)



Option 7 – Thai Steak Stir Fry with Rice Noodles

113g beef steak, top sirloin, boneless (raw weight)

10 pods snap peas, snow or sugar, raw

15 mL sesame seeds

1 cup chopped broccoli, cooked

1 large green onion

1 Tbsp Thai sweet chili sauce

50 g rice noodles, dry

Cook rice noodles according to package.

Panfry all other ingredients separately.

When all ingredients are cooked, add Thai sauce in the pan and cook for 1 minute on low.

Serve stir-fry over rice noodles and enjoy!

Option 6 – Tofu Stir Fry with Brown Rice

6 oz. extra firm tofu, cubed

1 cup broccoli florets

½ cup red pepper, chopped

½ cup snow peas

1 tsp sesame oil

1 Tbsp reduced sodium soy sauce

1 cup cooked brown rice

Cook brown rice according to instructions.

Press tofu between paper towels to remove water.

Heat sesame oil in pan over medium heat. Add drained tofu and cook until lightly browned on all sides (5 min).

Remove tofu from pan and set aside.

Sauté broccoli and red pepper in same pan for 2-3 minutes. Add snow peas and sauté for 1 additional minute.

Add tofu and soy sauce to pan. Stir to combine.

Serve over rice and enjoy!



Recipes

White Bean with Rosemary & Kale Soup

8 Servings

Ingredients:

2 cups cannellini beans, soaked overnight
325 mL chopped kale
4 plum tomato, seeded and diced
10 cups water
2 Tbsp olive oil
2 Tbsp balsamic vinegar
1 large yellow onion, raw
8 clove garlic, raw, minced
1 Tbsp salt
1 dash black pepper
4 bay leaves
15 mL rosemary, fresh, minced (or 5 mL dried)
1 mL hot red chilli pepper flakes, dried

You can purchase cannellini beans that are in a jar in order to skip the soaking process.

Directions:

1. Drain and rinse the soaked beans and place them in a pot with bay leaves, 2 tsp rosemary and cold water. Bring to a boil, reduce heat and simmer until the beans are tender. In the last 15 minutes of cooking, add salt to the beans.
2. When the beans are tender, heat olive oil in a soup pot and add the onion and chilli flakes. Sauté until the onions are lightly golden, and then add the garlic and the remaining rosemary. Cook several minutes, and then add the cooked beans and their cooking liquid. Bring to a simmer, add the tomatoes and simmer for 20 minutes.
3. Remove the stems from the kale and tear or roughly chop the leaves. Rinse kale leaves in cold water. Add the leaves to the soup and cook until wilted. Season the soup to taste with balsamic vinegar, cracked pepper and more salt.

Roasted Salmon

2 Servings

Ingredients:

260 g salmon, sockeye, raw, with skin
2 Tbsp olive oil
1 Tbsp chives, chopped
1 tsp tarragon leaves, dried (optional)

Directions

1. Preheat oven to 425°F. Line a baking sheet with foil. Rub salmon with olive oil. Roast the salmon with skin side down on foil lined baking sheet until fish is cooked through (about 12 minutes). Check if fish flakes easily with fork after it bakes 10 minutes. Continue baking only if it doesn't.
2. Lift salmon off skin using a metal spatula and place it on a serving plate. Discard skin. Sprinkle salmon with herbs and serve.

Dijon Chicken

1 Serving

Ingredients:

160 g chicken breast, boneless, skinless (raw weight), cut into 1 inch strips
2 Tbsp chopped onion
1/4 clove garlic, crushed
2 Tbsp chicken broth, reduced salt
1 tsp olive oil
1 dash each salt and black pepper
1/2 tsp Dijon mustard

Directions:

1. Heat the olive oil in a nonstick skillet over medium heat. Add the onion and cook until the onion becomes tender (about 4 minutes). Add the garlic and cook for 1 additional minute.
2. Turn the heat up to medium high. Season the chicken with salt and pepper and add it to the skillet. Sauté the chicken until it is golden brown on all sides (about 4 minutes).
3. Quickly add the chicken broth and stir with a wooden spoon to release any onions that are stuck to the pan. Cook until the chicken broth has reduced by half. Stir in the Dijon mustard.

Broccoli and Barley Stuffed Red Peppers (*The High-Protein Vegetarian Cookbook*) Serves 4

Ingredients:

Stuffed Peppers

- 1 cup pear barley, uncooked
- 4 large bell peppers, any colour
- 1 ½ cups broccoli florets, stems removed and roughly chopped
- 1 cup grape tomatoes, quartered
- 4 oz fresh mozzarella, sliced
- 2 oz shredded mozzarella (about ½ cup)
- 3 cups vegetable broth, low sodium
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 2 shallots, diced
- ½ fresh basil, chopped

Marinara Sauce

- 1 can tomatoes, no salt added
- 1 clove garlic, minced
- 2 Tbsp olive oil
- 2 Tbsp fresh basil, chopped
- ½ tsp kosher salt
- ¼ tsp crushed red pepper
- ½ Tbsp brown sugar

Directions:

1. Combine the barley and broth in a sauce pan. Bring to a boil. Reduce heat to low, cover, and simmer for 45 minutes.
2. Preheat the oven to 350°F.
3. Cut peppers in half and take out the ribs and seeds. Keep the stem on to prevent the filling from spilling out of the pepper
4. Boil a large pot of water. Add the peppers and bring water back to a boil. Boil for 3 minutes. Remove peppers from the pot and set aside.
5. To make the filling: Heat 1 tablespoon of olive oil in a large pan over medium heat. Add the garlic and cook until fragrant (about 30 seconds). Add the shallots, salt, and cook for 2-3 minutes. Add the broccoli and grape tomatoes. Cook until broccoli is bright green and tomatoes get soft (about 5 minutes). Transfer to a large bowl, pour in cooked barley, add basil and shredded mozzarella.
6. Place boiled peppers in a 9 x 13 inch baking dish filled with ½ cup water. Stuff peppers with filling. Top peppers with a slice of mozzarella, Bake for 35 minutes.
7. To make the marinara: Heat olive oil over medium heat, add garlic and cook until fragrant. Pour in tomatoes, salt, red pepper flakes, fresh basil, and brown sugar. Bring to a boil, reduce to a simmer and let mixture cook for 15 minutes.
8. When peppers are done baking, pour sauce over them and add more fresh basil if desired.

Butternut Squash, Barley, and Cheddar Bake (*The High-Protein Vegetarian Cookbook*)

Serves 6

Ingredients:

1 cup pearl barley, uncooked
3 ½ cups butternut squash, cubed
1 cup extra-sharp cheddar cheese, shredded
¾ cup Parmesan cheese, shredded
½ red onion, diced
2 cloves garlic, minced
3 cups water
2 cups 1% milk, room temperature
2 Tbsp olive oil
2 Tbsp butter
2 Tbsp all-purpose flour, unbleached
½ tsp fine sea salt
¼ tsp black pepper
2 tsp rosemary, dried
1/8 tsp freshly grated nutmeg

Directions:

1. Preheat oven to 350°F.
2. Combine the barley and water. Bring to a boil, reduce to a simmer, and cover for 35-40 minutes, until most of the water is absorbed. Drain remaining water.
3. While the barley is cooking, heat olive oil in a large frying pan. Add garlic and cook until fragrant (about 30 seconds). Add onion and cook until translucent (about 3 minutes). Pour in squash and cook for 10 minutes, stirring occasionally until squash feels tender when you poke it with a fork.
4. While the squash is cooking, melt the butter in a separate saucepan. Whisk in flour and cook until it forms a paste (for 30-45 seconds). Pour in the milk, salt, pepper, rosemary, and nutmeg and bring to a boil. Whisk constantly for 5 minutes until sauce thickens. Remove from heat and stir in cheddar until smooth.
5. Combine barley, squash, and cheese sauce in a large bowl. Stir until sauce is well distributed. Pour into an 8 x 8 inch baking dish and top with Parmesan. Cover with aluminum foil and bake for 25 minutes. Uncover, put the oven on broil, and broil for another 5 minutes, or top is golden.
6. Let sit for 10 minutes before serving.

Coconut Curry Tofu

2 Servings

Ingredients:

160 mL firm or extra firm tofu, firm or extra firm, raw
1 plum tomato
3 medium mushroom, raw, chopped
1 cup chopped bok choy, regular or baby
1/4 large yellow bell pepper, thinly sliced
3 medium green onions
150 mL light coconut milk, canned,
1 Tbsp soy sauce, reduced sodium
1 mL ginger root, raw
1/4 tsp garlic, minced
1 Tbsp basil, fresh
1 dash salt
2 g brown sugar
1/2 tsp curry powder
Chilli paste

Directions:

1. Finely chop green onions into 2 inch pieces. Remove bulbs.
2. In a large heavy skillet over medium heat, mix coconut milk, 3/4 tablespoon soy sauce, brown sugar, curry powder, ginger, and chili paste. Bring to a boil.
3. Stir tofu, tomatoes, yellow pepper, mushrooms, and green onions into the skillet. Cover, and cook 5 minutes, stirring occasionally. Mix in basil and bok choy. Season with salt and remaining soy sauce. Continue cooking 5 minutes, or until vegetables are tender but crisp. Garnish with remaining green onion.

Mango & Spinach Salad

1 Serving

Ingredients:

1/2 mango, raw
3 cups baby spinach, raw
1 1/2 Tbsp poppy seed salad dressing light

Directions:

1. Dice mango.
2. Wash baby spinach and dry with paper towel.
3. Toss mango, 2 cups baby spinach, and dressing together in a bowl. Enjoy!

Note: If you don't like mango, you can substitute with strawberries or any other fruit.

Snacks

Consider eating a vegetable, fruit, or whole grain choice with a protein to keep you full longer. Mix and match snacks to increase variety.

Vegetable, Fruit, or Whole Grain	Protein
1 piece fruit	1 skim milk cheese string
Vegetables and 2 Tbsp low fat dip or salad dressing	1 mini Babybel® cheese (light)
1 cup vegetable soup	¼ cup soy nuts, dried peas or wasabi peas
½ cup canned pineapple or canned fruit	¼ cup 1% cottage cheese and
2 Ryvita® crackers	2 triangles of Laughing Cow® cheese (light)
1 cup berries	½ cup low fat Greek yogurt
½ 6" inch whole wheat pita	¼ cup hummus
All Bran® bar	1 boiled egg
2 small brown rice cakes	1 Tbsp nut butter
Low sodium vegetable cocktail	30 g/1 oz lean sliced deli chicken, turkey, ham, beef
Nature Valley® granola bar	Latte made with 1 cup 1% milk
½ cup whole grain cereal	1 cup skim or 1% milk
2 Tbsp dried fruit (apricots, cherries, mango)	10 walnut halves or 8-10 dry roasted almonds
¼ cup salsa	30 g/1 oz cooked chilled shrimp
6 melba toast	1 small can flavoured tuna

Meal Replacements

In addition to individualized nutrition and health behavioural change counselling, you can also use 1 or 2 Optifast® 900 meal replacement shakes per day in the ROOT™ program. Optifast® 900 is prescribed by a LEAF™ doctor. The cost of Optifast® is not included in the program fee for ROOT™ or ROOT™ Plus.

Optifast® 900 Meal Replacement:

- Is the meal replacement used in the ROOT™ program
- Is a powder that is mixed with water
- Comes in chocolate and vanilla
- Contains milk protein and inulin fiber
- Is lactose free and gluten free
- Is sweetened with sucralose and stevia
- Contains 225 Calories, 22.5 g of protein, and 18.8 g of carbohydrates with 4 g of fibre in each shake

You should be nourishing yourself regularly throughout the day. Try having a meal or shake within 2 hours of waking up and every 4-5 hours throughout the day. This pattern of eating allows you to better manage your hunger and helps with weight management overall.

If you have any questions or concerns, please speak with your ROOT™ doctor or dietitian.

VITAMINS AND MEAL REPLACEMENT

Please discuss ALL vitamin and mineral supplements with your ROOT™ doctor before starting meal replacements.

Vitamin C

Using vitamin C supplements while taking meal replacements may cause kidney stones.

Bariatric Surgery

If you had bariatric surgery before starting the ROOT™ program, talk to your ROOT™ doctor about which supplements you should continue to use while taking meal replacement shakes.

Where to purchase Optifast® 900:

Optifast®900 prescriptions are written by the LEAF™ program physician. These prescriptions can ONLY be filled at the pharmacy in the Loblaws at Gloucester Centre.

Please try a sample of Optifast® 900 (available from a LEAF™ doctor) before purchasing.

Optifast® 900 is sold and dispensed by the Loblaws pharmacy and their policy is that all sales are final (no returns or exchanges)

Preparing and consuming Optifast® 900 Meal Replacement:

- Add 1-2 cups of water to a shaker (or a blender)
- Pour 1 packet of Optifast® 900 meal replacement on top.
- Shake vigorously for 15-20 seconds or blend at lowest speed for 5 seconds until dissolved.
- Enjoy

**REMINDER:
OPTIFAST®900
CONTAINS MILK,
SUCRALOSE, AND
STEVIA**

Once mixed, Optifast® 900 is best consumed right away. If not, it may settle and form clumps.

OPTIFAST®900 CAN BE MIXED WITH DIFFERENT AMOUNTS OF WATER TO REACH DESIRED CONSISTENCY, IF YOU USE LESS WATER TO MAKE A THICKER SHAKE, MAKE SURE TO DRINK MORE WATER THROUGHOUT THE DAY.

If you like a pudding texture:

- Add ½ to ¾ cup of water to shaker or blender
- Add 1 packet of Optifast® 900 to water and shake or blend
- Refrigerate for 2-3 hours

Avoiding Spoilage:

Optifast® 900 contains milk.

- It should not be mixed and left at room temperature for more than 2 hours
- It can be only be kept in the refrigerator for 24 hours once it is mixed with water

Optifast® 900 is sensitive to extreme heat:

- Do not store the formula in a hot place such as your car glove compartment
- Do not boil the mixed shake
 - You can add warm drinks but do not add extremely hot liquids to the powder

Meal Replacement Recipes

You can use any zero-calorie, sugar free fluid or flavour enhancers to change the flavour of your shake.

Caution: if you are adding diet pop, stir it instead of shaking! Add the powder to a small amount of water to make a paste before stirring into the diet pop.

Add-ins:

Crushed ice	Sugar Free Flavour Syrups (such as Torani®)	Instant Coffee
Mint Extract	Coco powder - such as Frys® <i>limit to 2 tsp</i>	Diet Pop
Maple Extract	Mio	Spices - ginger, nutmeg, allspice, cinnamon, cloves
Almond Extract	Crystal Light	Pumpkin pie spice

Café au Lait

Ingredients:

3/2 cups prepared coffee, hot (not boiling)

1/4 tsp cinnamon

1 packet Optifast® 900 Vanilla

Optional: noncaloric sweetener

(Splenda, Stevia, etc.) equal to

1/2 tsp of table sugar



Directions:

Pour coffee, cinnamon, and sweetener (if using) into a blender.

Add packet of Optifast® 900 Vanilla.

Blend on lowest speed on 5 seconds or until dissolved.

For an iced version, follow the directions above but use chilled coffee instead of hot coffee.

Serve over ice and enjoy!

Creamy Root Beer Float

Ingredients:

1 packet Optifast® 900 Vanilla

1 can diet root beer



Directions:

Combine ingredients and mix or blend until smooth.

Mint Chocolate

Ingredients:

1 packet Optifast® 900 Chocolate

3-5 drops (1/2 tsp) mint extract

Directions:

Combine ingredients and mix or blend until smooth.



Additional Fluids

You should consume 2 litres (3000 mL) of zero-calorie, sugar free fluid per day.

Acceptable fluids:

- Water (see below for flavouring ideas)
- Sparkling Water – club soda, mineral water, diet tonic water
- Water enhancers - Crystal Light, Mio, PC Liquid Enhancer etc.
- Coffee or tea – hot, iced, or decaf (can add up to ¼ cup skim or 1% milk to this per day)
- Diet pop in moderation

You can use artificial sweeteners, and sugar-free gum or mints.

You can freeze any of these fluids in popsicle molds to make a frozen treat.

If your intake of caffeinated beverages increases during the program, please choose the decaf or caffeine-free versions

Natural Water Enhancers	You can use one or mix a few together to make a flavour you enjoy		
Lemon wedge or peel	Grapefruit	Ginger	Cherries
Lime wedge or peel	Mint	Cucumber	Berries
Cloves	Melon	Pomegranate Arils	Mandarin

Special Considerations

This section addresses common concerns when using Optifast® 900 as a total meal replacement (such as in our STREAM™ program). The ROOT™ program only uses partial meal replacement (1-2 shakes per day) with food, so the following symptoms are less likely to occur. However, it is still important to be aware of the possible symptoms you may experience while using meal replacement shakes so that you can make informed decisions.

If you have any additional questions or concerns, your ROOT™ team is happy to help.

Possible Side Effects

Constipation/Diarrhea:

When you begin a liquid meal replacement, you may notice a decrease in your bowel movements. This is normal and to be expected. About 20-30% of participants will have constipation or diarrhea. Be sure to report any problems with constipation and diarrhea to the LEAF™ doctor to reduce your risk of developing problems such as hemorrhoids.

Managing Constipation:

Optifast® 900 contains 4 g of fibre but you may still experience constipation. If you do, you can add a fibre supplement such as Metamucil® to your shakes. This will help with bowel movements and keep you feeling fuller.

Managing Diarrhea:

Diarrhea is most likely caused by the change to your diet rather than the shake. If you have symptoms of diarrhea or irritable bowel syndrome before starting the meal replacement phase, it is possible that you may experience diarrhea. This can also be managed with the fibre in Metamucil® or psyllium. Metamucil® or psyllium absorbs the extra water in your intestines to create a formed stool.

Follow these instructions for a fibre supplement:

- Take **1-2 Metamucil® (psyllium) capsules** or **1-2 tsp of Metamucil® Original Smooth Texture with no added sugars** with each Optifast® 900 shake.
- Make sure you are consuming plenty of fluids (3 liters or more per day)
- Allow 3-4 days for it to work. If not, please contact the clinic physician.
- Acceptable formulas for fibre:
 - Metamucil® Capsules
 - Metamucil® Original Smooth Texture with no added sugars
 - Store brands such as Exact® Natural Source Fibre Laxative Capsules

Avoid other flavours and formulations as these may have added sugar that can affect your hunger and energy level.

You can also manage constipation by taking 2 tablespoons of Milk of Magnesia for 2 nights in a row.

If these do not work for you, you can also try gentle Exlax pills, Dulcolax, or glycerine suppositories.

Hair Loss:

Approximately 20% of participants experience hair loss. This usually happens in month 4 of the program after weight loss from the meal replacement phase. Hair follicles have a growing, resting, and shedding phase. Weight loss can shift hair follicles into rest or shedding. As your weight stabilizes, hair follicles shift back to growth phase and hair begins to regrow. It is not uncommon to see more hair on your brush or pillow but know that **the hair grows back**.

Dry Skin and/or Brittle Nails:

This is temporary and is caused by changes to your metabolism. Growth of skin and nails returns to normal when you start eating a healthy meal plan. Use moisturizing lotion after bathing, avoid scented soap, and keep nails well-trimmed.

Bad Breath:

The shakes used for the meal replacement are high in protein and low in carbohydrates. During the meal replacement phase, you will also be burning fat tissue as part of your weight loss. When you burn fat, your body makes a by-product called ketones. Ketones help decrease appetite and increase energy. Your body gets rid of these ketones through the lungs, which may give your breath an odd odour. You may need to brush and floss your teeth more often to avoid bad breath. Use mouthwash, chew sugarless gum, and drink water after consuming the meal replacement supplement.

Dry Mouth:

If you become dehydrated, your mouth could feel dry. Drink more zero-calorie fluids.

Fatigue:

During the meal replacement phase, you are consuming fewer calories than your body is used to. Until your body adjusts, you may feel more tired, weak, or feel like you have less energy. Get a lot of rest, eat/drink all of the prescribed items in your plan (meal replacement, transition, and structured meals), do only moderate activities and drink plenty of fluid. After a few days, you can start being more active.

Cold Intolerance:

During the program, you will be losing fat. Our fat acts like an electric blanket by making heat in your body. When you lose fat, you tend to feel cold.

Dizziness:

During weight loss, your body will be getting rid of a lot of water and salt. One benefit is lower blood pressure, but it can become a problem if it makes you feel dizzy. Try to drink an extra 2-4 cups of zero-calorie fluids every day and get up slowly from sitting or lying to allow your blood pressure to adjust.

Frequent Urination:

This is because you are losing more water. Be sure to drink at least 8 cups of zero-calorie fluids per day in addition to meal replacements.

Headache:

Many things unrelated to your eating habits can cause headaches. Follow your recommended meal replacement/eating plan, don't skip meals, and see page 17 for a list of acceptable medications for headache and pain relief.

Muscle Cramps:

Cramps in the legs and feet may be due to changes in the amount of water in your body or to increased physical activity. Increase your intake of zero-calorie fluids. You may also try drinking regular (not low sodium) broth, as it contains sodium, which will help you retain more water. Gentle stretching will also help ease cramps. Do not take any supplements without the approval of the physician.

Food Cravings:

It is normal to experience strong thoughts and feelings about food during the program. We have very strong learned behaviours that involve food and eating. We also have strong body signals that work to prevent us from losing weight. Together, these signals can lead to cravings and fantasies. The behavioural skills taught in the program will help manage cravings and replace old behaviours with new, healthier ones. Reducing your exposure to signals to eat and distracting yourself are just two ways to manage cravings – more will be covered in the program.

Medications

You may need to use an over-the-counter medication while you are on the meal replacement. For example, when you have a headache or a cold. You should discuss any concerns with your ROOT™ doctor. However, it is generally okay to use over the counter medications that are sugar-free and suitable for a person with diabetes.

Always follow package directions and do not take more than the recommended dose. Tell your ROOT™ doctor if you are taking any over the counter medications or supplements.

Headache/Pain Relief:

Tylenol
Advil
Motrin

Cold Symptoms:

Ask your pharmacist for medications that are sugar-free and suitable for a person with diabetes

Constipation:

Metamucil®

- Capsules
- Original Smooth Texture; No added sweeteners

Gentle ExLax (pills)

Milk of Magnesia

Restoralax

Laxaday

Suppositories

- *Glycerin or Dulcolax*

Hemorrhoids:

Tucks
Anusol

Diarrhea:

Immodium
Kaopectate
Pepto-Bismol

Indigestion/Heartburn:

Maalox
Rolaids
Pepto-Bismol
Zantac
Pepcid

Reminder: In a full meal replacement program, avoid high doses of vitamin C to prevent kidney stone formation. For a partial meal replacement program, this may be less likely of a concern. However, we suggest avoiding high doses of vitamin C in the ROOT™ program.

