



News Of Older Americans

A Weight Loss Plan Designed For You



It may be easier to meet your weight loss goals if you choose a customized meal plan that is specially designed for people in your age group.

(NAPSA)—A healthy diet is important—no matter what age you are—but a diet that helps you lose weight has a better chance of success if it considers the unique challenges of your age group.

If you are looking to lose weight, it can be a smart idea to use a meal program, specifically designed to meet your nutrition needs, such as the Nutrisystem® Silver® program, which offers the right amount of sodium, saturated fat, fiber and protein for older adults.

The system's entrées and program materials are conveniently delivered directly to your door and provide detailed information on how to include your favorite fresh grocery items in order to round out your nutritious meal plan.

Also, it's especially important that diets for this age group contain plenty of vitamin D, calcium, iron, vitamin C and folic acid. The plan includes more than 140 delicious, easy-to-prepare, portioned foods that contain a 1,250-daily-caloric intake for women and 1,400-daily-caloric intake for men that's effective for weight loss.

An exercise DVD is also available as an optional extra.

There is round-the-clock phone access to nutrition support and counseling from a team of weight loss counselors, as well as registered dietitians, plus free online tools, tips and community support on Nutrisystem.com.

To learn more, visit www.nutrisystem.com/naps2010 or call 877-970-0603.