**Jenny Craig Fact Sheet**

*Eat Well, Move More and Live Life*

**About Jenny Craig:**

* Jenny Craig is a clinically proven, comprehensive program that takes a food/body/mind approach to safe weight loss. An independent two-year clinical trial published in the Journal of the American Medical Association in 2010 revealed participants on the Jenny Craig program lost an average of 10 percent of their body weight at one year and lost three times more weight than dieting on their own¹.
* Jenny Craig also offers a type 2 diabetes program, **Jenny Craig for type 2.** A recent clinical trial that included our new type 2 program, whose findings were published in the April 23, 2014 issue of Diabetes Care, found that people with type 2 diabetes who followed the Jenny Craig type 2 diabetes program for one year lost more weight, had significantly lowered HbA1c (blood sugar) levels and reduced heart-related risk factors than people who received the usual standard of care².
* The Jenny Craig program is developed by registered dietitians in consultation with a Science Advisory Board of distinguished experts. The board provides key input on the latest developments in obesity treatment and effective behavioral strategies for achieving and maintaining healthy lifestyles.
* Jenny Craig has approximately 600 company-owned and franchised centers in the United States, Canada, Australia, New Zealand and Puerto Rico with approximately 2500 consultants worldwide.

**Jenny Craig Consultants:**

* At Jenny Craig, we've made **personal support the cornerstone of what we do for 30 years**.
* Members can meet with consultants face-to-face at approximately 600 centers worldwide, or connect by phone or chat with a dedicated consultant who will be there throughout the program.
* One-on-one consultations provide personal support and education on portion control, healthy eating, physical activity and the behavioral skills to achieve a balanced, healthy lifestyle.
* Jenny Craig consultants work with each member individually to identify their strengths, challenges and personal goals and motivators in order to create unique weekly meal and activity plans that fit individual needs.
* Consultants also help members implement behavioral strategies for lifestyle change such as self-monitoring, goal setting, planning for rewards to help clients maintain the motivation to reach and maintain their weight and health goals.
* Through the personalized consultation, Jenny Craig addresses key challenges members might face, like managing stress eating, planning for dining out/social events, and incorporating more physical activity into their daily lives.

**Jenny Craig Food:**

* Members eat **6 times a day** (3 main meals with 3 snacks) and follow personally-customized menus including nearly 80 delicious menu items, personalized menus/activity and motivational plans.
* Members can still eat their favorite foods while losing weight and do not need to eliminate any food groups. The Jenny Craig menu is a model for balance, variety and moderation in food choices and demonstrates that no food groups are off limits. Jenny Craig consultants work with each member individually to identify their strengths, challenges and personal goals in order to create unique weekly meal and activity plans that fit individual needs.
* Jenny Craig frequently introduces new menu items, like the Turkey Bacon & Egg White Sandwich and Southwest-Style Chicken Fajita Bowl in addition to fan favorites like the breakfast [Sunshine Sandwich](http://www.jennycraig.com/site/shop/product/sunshine-sandwich), [Triple Chocolate Cheesecake](http://www.jennycraig.com/site/shop/product/triple-chocolate-cheesecake&isCuisinePage=true) and [Chicken Fettuccini](http://www.jennycraig.com/site/shop/product/chicken-fettuccine). Most recently, shakes have been added to the meal plan.
* Jenny Craig incorporates the Volumetrics® Approach based on the research of Dr. Barbara Rolls of PSU to help members feel fuller and more satisfied longer by consuming low-calorie-density foods rich in water, fiber and protein.
* The food is designed to help members learn proper portion control. Having the structure of a menu with portion-controlled cuisine can help members feel more in control of their eating while teaching them how to plan their own healthy menus in the future.
* New 2015 Jenny Craig packaging is designed to help Jenny Craig members make informed eating decisions and offers ideas to spark member creativity to use meals for a variety of recipes.

Activity on Jenny Craig

* Jenny Craig takes a staged-based approach to physical activity. Consultants work with members to create plans tailored to each individual, with a goal to get up to 10,000 steps a day to support consistent weight loss.

Weight Loss

* **Standard program:** Jenny Craig members may expect an average of 1-2 pounds of weight loss a week, which is a healthy range of weight loss.
* **Jenny Craig for Type 2**: Participants following the lower carbohydrate Type 2 diabetes menu over a twelve (12) month period, on average, had weight loss of 9% and maintained a lower hemoglobin A1c of 6.6% as compared to usual care. Diabetes Care DOI:10.2337/dc13-2900

For more information, please visit [www.jennycraig.com](http://www.jennycraig.com), follow Jenny Craig on [Facebook](https://www.facebook.com/jennycraig), or contact Aliza Rothman at [ARothman@JennyCraig.com](mailto:ARothman@JennyCraig.com) or (800) 848-1096 ext. 3103.

¹Rock CL, Flatt SW, Karanja N, et al. JAMA. Oct 2010, Col 304, No. 16. Client following 7 days of Jenny's Craig®.

²Rock CL, Flatt SW, Pakiz B, Taylor KS, Leone AF, Brelje K, Heath DD, Quintana EL, Sherwood NE. Weight loss, glycemic control and cardiovascular disease risk factors in response to differential diet composition in a weight loss program in type 2 diabetes: a randomized controlled trial. Diabetes Care, published online April 23, 2014.

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