



New York Obesity Research Center

Weight Loss Program

What diet options are available?

In our program you'll learn how to design your own diet plan based on your lifestyle, needs, and food preferences. Your plan can change as many times as needed and will be based on one of the following:

- a) **Full formula plan**
All meals and snacks will be provided in a liquid and/or bar form
- b) **Part formula plan**
1 or 2 meals a day will be replaced by a liquid and/or bar
- c) **Balanced deficit food plan**
Your meals and snacks will be based on your food preferences. Calories will be decreased to produce the desired weight loss

How much does it cost?

- Weekly group is \$50/week
- Formula cost for those who choose to use it can be \$10-\$70/week

What does the program consist of?

1. Group Treatment
 - Small
 - Personalized
 - Weekly
 - Nutrition, Physical Activity and Behavior
2. Weight Loss Experts
 - Behavior therapists
 - Registered dietitians
 - Exercise physiologists
 - Researchers
 - Physicians

How do I join? Here are the steps:

- i. Attend one of our free orientations
- ii. Come for a screening interview with one of our staff
- iii. See your physician or one of ours for a full physical and blood work
- iv. Begin your group sessions

Program Information

212-523-8440
www.nyorc.org



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