

Jane Plan Information for Health Professionals

WHAT IS JANE PLAN?

Jane Plan is one of the UK's leading diet delivery companies. We deliver a portion and calorie controlled real food diet, direct to the door. We've helped thousands of men and women lose weight successfully and keep it off. The success of the Plan is down to its ease and convenience, coupled with free weekly support and contact. Each patient is given their own dedicated qualified nutritionist who teaches the essential skills and education for weight loss and long term weight maintenance.

HOW DOES IT WORK?

We provide three nutritionally balanced, healthy meals every day plus a snack. We do not exclude any food groups, and our meals have been approved by a diabetic nurse as suitable for diabetics. The calorie controlled meal delivery service is complemented by comprehensive weekly support and education.



NHS GUIDELINES

Jane Plan closely follows NHS and NICE guidelines encouraging patients to develop healthier eating habits and be more active. By reducing calories to the correct levels patients lose weight at a safe and sustainable rate of 0.5 to 1 kg (1-2 lbs) a week. Overall the Plan achieves a 700kcal deficit from total estimated energy expenditure.

The meals are low in fat and suitable for anyone following a low sugar and low salt diet. Particular care is taken when creating a Plan for a patient to ensure the meals provided from our extensive range fit the patient's health and dietary requirements. We can provide wheat-free, gluten-free, dairy-free and halal diets. There is an emphasis on high fibre, but for patients with IBS and other related conditions, lower fibre options are available. Patients can add in extra fresh fruits and vegetables and we suggest at least 5 a day. We also recommend adding in extra dairy for teas and coffees. There are no shakes or bars on the Plan – it is a real food diet as opposed to a meal replacement diet.

THE IMPORTANCE OF CHOICE

Patients can choose their own meals from over 100 options to accommodate any specific tastes, preferences or dietary requirements. The full nutritional breakdown and allergen advice is clearly marked on the web site. Alternatively patients can answer a questionnaire and their diet will be created for them, based on the information they provide.

JANE PLAN

*Prepared with
you in mind*

SUPPORT

Each patient is allocated their own dedicated nutritionist and can choose between weekly phone support or email support. The support service is available 8-8, seven days a week. Support is a key part of Jane Plan. Advice, guidance and motivation is provided by a qualified nutritionist. Typical topics covered include eating out, activity levels, portion control, the food groups, ideas on reducing salt, sugar and fat, recognising emotional hunger. We have a consultant diabetic nurse on the team.

We also provide proven tools such as food diaries, weight loss trackers, BMI and BMR calculators.

Patients receive free life long access to online support and receive weekly an educational and motivational newsletter.

WHO USES JANE PLAN?

The Plan is suitable for anyone who has a BMI over 24.9kg/m², over the age of 18, who is not pregnant. Patients who have a specific medical condition are advised to seek their GP's advice before starting a weight loss programme.

Patients include GP's, nurses, and many other health professionals who regularly refer their own patients to Jane Plan, because they have seen the success for themselves. Patients have achieved lower cholesterol levels, lower blood pressure and reduced diabetic medication.

RESEARCH

Jane Plan is currently participating in an independent research project at Southbank University. The results of the independent research will be published later this year.

CONTACT US

Get in touch, our offices are open 7 days a week, 8am – 8pm.

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