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Public Employees Benefits Board

5 nutrition plans for weight loss

Weight loss is a journey, and everyone's path is different. A recent survey[1] by Omada Health found the top five nutrition plans that worked for our members:

		% of preferred dietary plan
1	**Intuitive/mindful eating** Eating based on hunger cues.	36%
2	**Balanced diet** Balancing food groups and portions via the USDA MyPlate method.	31%
3	**Low/reduced calorie diet** The "calorie counting" approach.	28%
4	**Intermittent fasting** Fasting for specific periods of time followed by unrestricted eating.	23%
5	**Low carb diet** Restricting net carbohydrate intake to less than 100 grams per day.	20%

If you or your adult family members are at risk for type 2 diabetes, your PEBB medical plan will cover the entire cost of the program.

Have you tried any of these nutrition plans?

Get personalized guidance on how to build a sustainable nutrition plan just for you.

Images, including apps, do not reflect real members or information about a specific person.

[1]Cho, Hyein, Susan Devaraj, Virgilia Z. Korus, and Sarah Linke. "Five Diets for Weight Loss Success: According to the Data." Omada Health, Omada Health, https://resourcecenter.omadahealth.com/white-papers/five-diets-for-weight-loss-success-according-to-the-data

The PEBB diabetes management program powered by Omada is available to PEBB UMP members. To learn about the diabetes management programs for Kaiser members, see https://www.hca.wa.gov/pebb-diabetes.

→ **Check if you're eligible**

omadahealth.com/wapebb