

Vegetarian Options

These products contain no meat or meat byproducts and fit into the vegetarian plan.



Medifast 55: Dutch Chocolate French Vanilla Strawberry Crème Orange Crème Swiss Mocha Banana Crème	Crunch Bars: Chocolate Mint Caramel Peanut Butter Chocolate Oatmeal Raisin S'more Fruit & Nut Cinnamon Roll Strawberry Lemon Meringue Oatmeal : Apple Cinnamon Blueberry Peach Maple & Brown Sugar	Plus for Coronary Health: Chocolate Strawberry Iced Tea: Raspberry Tea Peach Tea Fruit Drinks: Tropical Punch Cranberry Mango Soy Crisps: White Cheddar Apple Cinnamon Ranch Crackers: Multi-Grain Garden Vegetable Scrambled Eggs Momentum Shakes: Cappuccino Chai Latte Banana Shake Momentum Flavor Infusers: Mixed Berry Strawberry Lemonade Green Tea with Lemon Antioxidant Shakes: Cherry Pomegranate Dark Chocolate Blueberry Antioxidant Flavor Infusers Citrus Margarita Raspberry Acai White Grape Peach
Medifast 70: Dutch Chocolate French Vanilla Strawberry Crème Orange Crème Swiss Mocha Banana Crème	Plus for Appetite Suppression: Chocolate Vanilla Creamy Soups: Cream of Tomato Pudding: Chocolate Banana Vanilla Plus for Women's Health: Chocolate Vanilla	
Medifast RTD: Dutch Chocolate French Vanilla		
Hot Drinks: Hot Cocoa Cappuccino Chai Latte		
Plus for Diabetics: Chocolate Vanilla Strawberry		
Maintenance Bars: Chocolate Chocolate Mint Peanut Butter Lemon Yogurt Oatmeal Raisin Caramel Nut S'more Granola Fruit & Nut Granola		

Soy Free



These products do not contain soy protein but are manufactured in a facility that uses soy.

Momentum by Medifast: Chai Latte Cappuccino Momentum Flavor Infusers: Mixed Berry Strawberry Lemonade Green Tea with Lemon Antioxidant Shakes: Cherry Pomegranate Dark Chocolate Blueberry Antioxidant Flavor Infusers: Citrus Margarita Raspberry Acai White Grape Peach Creamy Soups Cream of Tomato Fruit Drinks: Tropical Punch Cranberry Mango Iced Tea: Peach Tea Raspberry Tea Hot Drinks: Hot Cocoa Cappuccino Chai Latte Scrambled Eggs Crackers: Multi-Grain Garden Vegetable

Kosher Dairy



These products either contain dairy or were manufactured on machines that process dairy and were prepared in accordance with dietary laws.

Medifast 55: Dutch Chocolate French Vanilla Strawberry Crème Orange Crème Swiss Mocha Banana Crème Medifast 70: Dutch Chocolate French Vanilla Strawberry Crème Orange Crème Swiss Mocha Banana Crème Hot Drinks: Hot Cocoa Cappuccino Chai Latte Plus for Diabetics: Chocolate Vanilla Strawberry Creamy Soups: Cream of Tomato Pudding: Chocolate Banana Vanilla Maintenance Bars: Chocolate Chocolate Mint Peanut Butter Lemon Yogurt Oatmeal Raisin Caramel Nut S'more Granola Fruit & Nut Granola Crunch Bars: Chocolate Mint Caramel Nut Peanut Butter Chocolate Oatmeal Raisin S'more Fruit & Nut Cinnamon Roll Strawberry Lemon Meringue Plus for Appetite Suppression: Chocolate Vanilla Oatmeal: Blueberry Maple & Brown Sugar Peach Apple Cinnamon Medifast RTD: Dutch Chocolate French Vanilla Soy Crisps: White Cheddar Ranch Momentum Shakes: Cappuccino Chai Latte Banana Shake Antioxidant Shakes: Cherry Pomegranate Dark Chocolate Blueberry

Contains Fish



Plus for Diabetics:
 Vanilla
Plus for Joint Health:
 Chocolate
 Vanilla
Plus for Appetite Suppression:
 Vanilla

Product may contain trace amounts of fish or is manufactured in a facility that uses fish.

Medifast 55: Dutch Chocolate French Vanilla Strawberry Crème Orange Crème Swiss Mocha Banana Crème	Plus for Coronary Health: Chocolate Strawberry Creamy Soups: Cream of Broccoli Cream of Chicken Cream of Tomato Oatmeal: Apple Cinnamon Blueberry Maple & Brown Sugar Peach Fruit Drinks: Tropical Punch Cranberry Mango Iced Tea: Raspberry Tea Peach Tea	Pudding: Banana Chocolate Vanilla Soups/Chili: Chicken Noodle Soup Chicken & Wild Rice Beef Vegetable Stew Homestyle Chili MD Crab Soup Hot Drinks: Cappuccino Hot Cocoa Chai Latte Scrambled Eggs Momentum Flavor Infusers: Mixed Berry Strawberry Lemonade Green Tea with Lemon Momentum Shakes: Cappuccino Chai Latte Banana Shake Antioxidant Shakes: Cherry Pomegranate Dark Chocolate Blueberry Antioxidant Flavor Infusers Citrus Margarita Raspberry Acai White Grape Peach
Medifast 70: Dutch Chocolate French Vanilla Strawberry Crème Orange Crème Swiss Mocha Banana Crème		
Plus for Women's Health: Chocolate Vanilla		
Plus for Appetite Suppression: Chocolate		

Dairy Free



These products do not contain whey/milk protein but are manufactured in a facility that uses whey/milk protein.

Medifast RTD Dutch Chocolate French Vanilla Momentum Flavor Infusers Mixed Berry Strawberry Lemonade Green Tea with Lemon Antioxidant Flavor Infusers Citrus Margarita Raspberry Acai White Grape Peach Oatmeal: Apple Cinnamon Blueberry Maple & Brown Sugar Soups/Chili: Chicken Noodle Soup Chicken & Wild Rice Beef Vegetable Stew Homestyle Chili MD Crab Soup Scrambled Eggs Soy Crisps: Apple Cinnamon Crackers: Multi-Grain Garden Vegetable
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Lactose Free Products (<.5gm)



These products contain less than 0.5 gm of lactose.
These products are suited for individuals with lactose intolerance.

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| <p>Oatmeal:
Apple Cinnamon
Blueberry
Maple & Brown Sugar
Peach</p> <p>Medifast RTD:
Dutch Chocolate
French Vanilla</p> <p>Fruit Drinks:
Tropical Punch
Cranberry Mango</p> <p>Iced Tea:
Raspberry Tea
Peach Tea</p> <p>Crackers:
Multi-Grain
Garden Vegetable</p> <p>Pudding:
Banana
Chocolate
Vanilla</p> <p>Crunch Bars:
Chocolate Mint
Caramel
Peanut Butter
Oatmeal Raisin
Fruit & Nut
Cinnamon Roll
Strawberry</p> | <p>Soups/Chili:
Chicken Noodle Soup
Homestyle Chili
Chicken and Wild Rice
Beef Vegetable
MD Crab Soup</p> <p>Creamy Soups:
Cream of Broccoli</p> <p>Plus for Women's Health:
Chocolate
Vanilla</p> <p>Soy Crisps:
Apple Cinnamon
White Cheddar
Ranch</p> <p>Scrambled Eggs</p> <p>Momentum Flavor Infusers:
Mixed Berry
Strawberry Lemonade
Green Tea with Lemon</p> <p>Antioxidant Shakes:
Dark Chocolate
Blueberry
Cherry Pomegranate</p> <p>Antioxidant Flavor Infusers
Citrus Margarita
Raspberry Acai
White Grape Peach</p> |
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Contains Soy Protein



* = Product contains soy, amount not given

- Medifast 55:**
Dutch Chocolate– 8.0 g
French Vanilla– 8.0 g
Strawberry Crème– 8.0 g
Orange Crème– 8.0 g
Swiss Mocha– 8.0 g
Banana Crème– 8.0 g
- Medifast 70:**
Dutch Chocolate– 9.8 g
French Vanilla– 10.2 g
Strawberry Crème– 10.2 g
Orange Crème– 10.2 g
Swiss Mocha– 10.2 g
Banana Crème– 10.2 g
- Medifast RTD:**
Dutch Chocolate– 10.5 g
French Vanilla– 11.0 g
- Plus for Appetite Suppression:**
Chocolate– 9.5 g
Vanilla– 9.9 g
- Plus for Diabetics:**
Chocolate– 8.5 g
Vanilla– 9.0 g
Strawberry– 9.0 g
- Plus for Joint Health:**
Chocolate– 8.6 g
Vanilla– 9.0 g
- Plus for Coronary Health:**
Chocolate– 9.8 g
Strawberry– 10.2 g
- Plus for Women's Health:**
Chocolate– 10.0 g
Vanilla– 10.0 g
- Maintenance Bars:**
Chocolate– *
Chocolate Mint– *
Peanut Butter– *
Lemon Yogurt– *
Oatmeal Raisin– *
Caramel Nut– *
S'more Granola– 8.55 g
Fruit & Nut Granola– 8.47 g
- Crunch Bars:**
Chocolate Mint-9.2g
Caramel -9.3g
Peanut Butter - 8.4g
Chocolate - 8.7g
Oatmeal Raisin - 9.3g
S'more - 9.1g
Fruit & Nut - 8.7g
Cinnamon Roll - 9.5g
Strawberry - 9.2g
Lemon Meringue - 9.3g
- Soups/Chili:**
Chicken Noodle Soup– 9.7 g
Chicken and Wild Rice– 3.4 g
Homestyle Chili– 10.5 g
Beef Vegetable Stew– 4.9 g
MD Crab Soup– 10.0 g
- Oatmeal:**
Apple Cinnamon– 8.1 g
Blueberry– 8.1 g
Peach– 8.0 g
Maple & Brown Sugar– 8.1 g
- Pudding:**
Banana– 3.0 g
Chocolate– 3.0 g
Vanilla– 3.0 g
- Soy Crisps:**
Apple Cinnamon– *
White Cheddar– *
Ranch– *
- Momentum Shake:**
Banana Shake– 11.2g
- Creamy Soups:**
Cream of Broccoli**
Cream of Chicken**
** Contains soy sauce only

Formulated For Diabetics

All Medifast products are suitable for individuals with Type 2 diabetes.

The Medifast Program

The Medifast Program is low glycemic, low sodium, low fat, heart healthy and fortified with 24 essential vitamins and minerals designed for optimal health.

Contains Tree Nuts



- Maintenance Bars:**
Fruit and Nut Granola
- Crunch Bars:**
Fruit & Nut

Tree Nuts Free

Product may contain trace amounts of tree nuts or is manufactured in a facility that uses tree nuts.

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|---|---|
| <p>Maintenance Bars:
Chocolate
Chocolate Mint
Peanut Butter
Lemon Yogurt
Oatmeal Raisin
Caramel Nut
S'more Granola</p> | <p>Crunch Bars:
Chocolate Mint
Caramel
Peanut Butter
Chocolate
Oatmeal Raisin
S'more
Cinnamon Roll
Strawberry
Lemon Meringue</p> |
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Contains Peanuts



- Maintenance Bars:**
Peanut Butter
Caramel Nut
- Crunch Bars:**
Caramel
Peanut Butter
Fruit & Nut

- Lemon Yogurt
Oatmeal Raisin
S'more Granola
Fruit & Nut Granola
- Crunch Bars:**
Chocolate Mint
Chocolate
Oatmeal Raisin
S'more
Cinnamon Roll
Strawberry
Lemon Meringue

Peanut Free

Products may contain trace amounts of peanuts or are manufactured in a facility that uses peanuts.

- Maintenance Bars:**
Chocolate
Chocolate Mint

Low Lactose (<1.0gm)

These products contain between 0.5 gm and 1.0 gm of lactose.



Medifast 55: Dutch Chocolate French Vanilla Strawberry Crème Orange Crème Swiss Mocha Banana Crème	Plus for Diabetics: Chocolate Vanilla Strawberry	Maintenance Bars: Chocolate Chocolate Mint Peanut Butter Lemon Yogurt Oatmeal Raisin Caramel Nut S'more Granola Fruit & Nut Granola
Medifast 70: Dutch Chocolate French Vanilla Strawberry Crème Orange Crème Swiss Mocha Banana Crème	Plus for Coronary Health: Chocolate Strawberry	Crunch Bars: Chocolate
Creamy Soups: Cream of Tomato Cream of Chicken	Plus for Joint Health: Chocolate Vanilla	Momentum Shakes: Cappuccino Chai Latte Banana Shake
	Hot Drinks: Cappuccino Hot Cocoa Chai Latte	
	Plus for Appetite Suppression: Chocolate Vanilla	

Shellfish Free

These products do not contain shellfish as an ingredient but may contain trace amounts of shellfish or were manufactured in a facility that uses shellfish.



Medifast 55: Dutch Chocolate French Vanilla Strawberry Crème Orange Crème Swiss Mocha Banana Crème	Oatmeal: Apple Cinnamon Blueberry Maple & Brown Sugar Peach
Medifast 70: Dutch Chocolate French Vanilla Strawberry Crème Orange Crème Swiss Mocha Banana Crème	Fruit Drinks: Tropical Punch Cranberry Mango
Medifast RTD: Dutch Chocolate French Vanilla	Iced Tea: Raspberry Tea Peach Tea
Plus for Appetite Suppression: Chocolate Vanilla	Pudding: Banana Chocolate Vanilla
Plus for Joint Health: Chocolate Vanilla	Soups/Chili: Chicken Noodle Soup Chicken & Wild Rice Soup Beef Vegetable Stew Homestyle Chili
Plus for Diabetics: Chocolate Vanilla Strawberry	Hot Drinks: Cappuccino Hot Cocoa Chai Latte
Plus for Women's Health: Chocolate Vanilla	Scrambled Eggs
Plus for Coronary Health: Chocolate Vanilla	Momentum Flavor Infusers: Mixed Berry Strawberry Lemonade Green Tea with Lemon
Creamy Soups: Cream of Broccoli Cream of Chicken Cream of Tomato	Momentum Shakes: Cappuccino Chai Latte Banana Shake
	Antioxidant Shakes: Cherry Pomegranate Dark Chocolate Blueberry
	Antioxidant Flavor Infusers Citrus Margarita Raspberry Acai White Grape Peach

Kosher Parve

These products do not contain meat or dairy, though may contain fish or eggs and were prepared in accordance with dietary laws.



Soy Crisps:
Apple Cinnamon

Wheat Free

Medifast RTD:
Dutch Chocolate
French Vanilla



Products do not contain wheat as an ingredient but may contain trace amounts of wheat or are manufactured in a facility that uses wheat.

Medifast 70: Dutch Chocolate	Maintenance Bars: Chocolate Chocolate Mint Peanut Butter Lemon Yogurt Oatmeal Raisin Caramel Nut	Soy Crisps: White Cheddar Apple Cinnamon Ranch
Plus for Diabetics: Chocolate Vanilla Strawberry	Crunch Bars: Chocolate Mint Caramel Peanut Butter Chocolate Oatmeal Raisin	Scrambled Eggs
Plus for Joint Health: Chocolate	Plus for Coronary Health: Chocolate Vanilla	Momentum Flavor Infusers : Mixed Berry Strawberry Lemonade Green Tea with Lemon
Pudding: Chocolate Banana Vanilla	Hot Drinks: Cappuccino Hot Cocoa Chai Latte	Momentum Shakes: Cappuccino Chai Latte
Fruit Drinks: Tropical Punch Cranberry Mango		Antioxidant Shakes: Cherry Pomegranate Dark Chocolate Blueberry
Iced Tea: Raspberry Tea Peach Tea		Antioxidant Flavor Infusers Citrus Margarita Raspberry Acai White Grape Peach
Soups/Chili: Chicken & Wild Rice MD Crab Soup		

Caffeine Content

These products contain the following amount of caffeine.

≠ = Other Product not tested/ unknown



Medifast 55:

- Dutch Chocolate– 2.25 mg
- French Vanilla– 0 mg
- Strawberry Crème– 0 mg
- Orange Crème– 0 mg
- Swiss Mocha– 8.7 mg
- Banana Crème– 0 mg

Medifast 70:

- Dutch Chocolate– 2.7 mg
- French Vanilla– 0 mg
- Strawberry Crème– 0 mg
- Orange Crème– 0 mg
- Swiss Mocha– 13.41 mg
- Banana Crème–0 mg

Medifast RTD:

- Dutch Chocolate– 1.23 mg
- French Vanilla– 0 mg

Plus for Appetite Suppression:

- Chocolate– 2.2 mg
- Vanilla– 0 mg

Plus for Diabetics:

- Chocolate– 2.2 mg
- Vanilla– 0 mg
- Strawberry– 0 mg

Plus for Joint Health:

- Chocolate– 2.2 mg
- Vanilla– 0 mg

Plus for Coronary Health:

- Chocolate– 2.4 mg
- Strawberry– 0 mg

Plus for Women's Health:

- Chocolate– 2.2 mg
- Vanilla– 0 mg

Creamy Soups:

- Cream of Tomato– 0 mg
- Cream of Broccoli– 0 mg
- Cream of Chicken– 0 mg

Soups/Chili:

- Chicken Noodle Soup– 0 mg
- Chicken and Wild Rice– 0 mg
- Homestyle Chili– 0 mg
- Beef Vegetable Stew– 0 mg
- MD Crab Soup– 0 mg

Maintenance Bars:

- Chocolate– ≠
- Chocolate Mint– ≠
- Peanut Butter– ≠
- Lemon Yogurt–0mg
- Oatmeal Raisin–0mg
- Caramel Nut– ≠
- S'more Granola– ≠
- Fruit and Nut Granola– ≠

Crunch Bars:

- Chocolate Mint–7mg
- Caramel–<0.1mg
- Peanut Butter–1mg
- Chocolate–7mg
- Oatmeal Raisin–<0.1mg
- S'more–1mg
- Fruit & Nut–<0.1mg
- Cinnamon Roll–<0.1mg
- Strawberry –<0.1mg
- Lemon Meringue–<0.1mg

Oatmeal :

- Apple Cinnamon– 0 mg
- Blueberry– 0 mg
- Peach– 0 mg
- Maple & Brown Sugar– 0 mg

Iced Tea:

- Raspberry Tea– 0 mg
- Peach Tea– 0 mg

Fruit Drinks:

- Tropical Punch– 0 mg
- Cranberry Mango– 0 mg

Hot Drinks:

- Hot Cocoa– 2.6 mg
- Cappuccino– 0 mg
- Chai Latte– 0 mg

Pudding:

- Banana– 0 mg
- Chocolate– 2.4 mg
- Vanilla- 0 mg

Crackers:

- Multi-Grain– 0 mg
- Garden Vegetable– 0 mg

Soy Crisps:

- Apple Cinnamon– 0 mg
- White Cheddar– 0 mg
- Ranch– 0 mg
- Scrambled Eggs– 0 mg
- Momentum Flavor Infusers:
- Mixed Berry- 100 mg
- Strawberry Lemonade- 100 mg
- Green Tea with Lemon- 100 mg

Momentum Shakes:

- Cappuccino- 100 mg
- Chai Latte- 100 mg
- Banana Shake- 100 mg

Antioxidant Shakes:

- Cherry Pomegranate-0 mg
- Dark Chocolate-12.5mg
- Blueberry-0 mg

Antioxidant Flavor Infusers

- Citrus Margarita-0 mg
- Raspberry Acai- 0 mg
- White Grape Peach-0 mg

Gluten



These products were found in a one time test to contain less than 5ppm gluten, which is a mixture of insoluble plant proteins occurring in cereal grains, chiefly corn and wheat.

Medifast 55:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Medifast 70:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Medifast RTD:

- Dutch Chocolate
- French Vanilla

Plus for Appetite Suppression:

- Chocolate
- Vanilla

Plus for Diabetics:

- Chocolate
- Vanilla
- Strawberry

Plus for Joint Health:

- Chocolate
- Vanilla

Creamy Soups:

- Cream of Tomato
- Cream of Broccoli
- Cream of Chicken

Soups/Chili:

- Chicken and Wild Rice
- Homestyle Chili
- Beef Vegetable Stew
- MD Crab Soup

Maintenance Bars:

- Chocolate Mint
- Oatmeal Raisin
- Caramel Nut

Crunch Bars:

- Chocolate Mint
- Caramel
- Peanut Butter
- Chocolate
- Oatmeal Raisin
- S'more
- Fruit & Nut
- Cinnamon Roll
- Strawberry
- Lemon Meringue

Oatmeal :

- Apple Cinnamon
- Maple & Brown Sugar

Iced Tea:

- Raspberry Tea
- Peach Tea

Fruit Drinks:

- Tropical Punch
- Cranberry Mango

Hot Drinks:

- Hot Cocoa
- Cappuccino
- Chai Latte

Pudding:

- Banana
- Chocolate
- Vanilla

Soy Crisps:

- Apple Cinnamon
- White Cheddar
- Ranch

Scrambled Eggs

Momentum Flavor Infusers:

- Mixed Berry
- Strawberry Lemonade
- Green Tea with Lemon

Momentum Shakes:

- Cappuccino
- Chai Latte
- Banana Shake

Antioxidant Shakes:

- Cherry Pomegranate
- Dark Chocolate
- Blueberry

Antioxidant Flavor Infusers

- Citrus Margarita
- Raspberry Acai
- White Grape Peach

Egg Free



Product may contain trace amounts of egg or is manufactured in a facility that uses egg.

Medifast RTD:

- Dutch Chocolate
- French Vanilla

Maintenance Bars:

- Chocolate
- Chocolate Mint
- Peanut Butter
- Lemon Yogurt
- Oatmeal Raisin
- Caramel Nut
- S'more Granola
- Fruit & Nut Granola

Crunch Bars:

- Chocolate Mint
- Caramel
- Peanut Butter
- Chocolate
- Oatmeal Raisin
- S'more
- Fruit & Nut
- Cinnamon Roll
- Strawberry
- Lemon Meringue

Medifast 55:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Medifast 70:

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Swiss Mocha
- Banana Crème

Plus for Diabetics:

- Chocolate
- Vanilla
- Strawberry

Plus for Joint Health:

- Chocolate
- Chocolate
- Vanilla

Plus for Coronary Health:

- Chocolate
- Vanilla

Creamy Soups:

- Cream of Broccoli
- Cream of Chicken
- Cream of Tomato

Oatmeal:

- Apple Cinnamon
- Blueberry
- Peach
- Maple & Brown Sugar

Fruit Drinks:

- Tropical Punch
- Cranberry Mango

Iced Tea:

- Raspberry Tea
- Peach Tea

Pudding:

- Banana
- Chocolate
- Vanilla

Hot Drinks:

- Cappuccino
- Hot Cocoa
- Chai Latte

Soups/Chili:

- Chicken & Wild Rice
- Homestyle Chili

- Beef Vegetable Stew
- MD Crab Soup

Momentum Flavor Infusers:

- Mixed Berry
- Strawberry Lemonade
- Green Tea with Lemon

Momentum Shakes:

- Cappuccino
- Chai Latte
- Banana Shake

Antioxidant Shakes:

- Cherry Pomegranate
- Dark Chocolate
- Blueberry

Antioxidant Flavor Infusers

- Citrus Margarita
- Raspberry Acai
- White Grape Peach