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**News Release****Nutrisystem and House Foods Announce Licensing Agreement To Market Nutrisystem J Diet in Japan  
Deal Expands Presence of Nutrisystem Brand**

HORSHAM, Pa., and TOKYO, Sept. 17 /PRNewswire-FirstCall/ -- As part of a plan to expand its brand, Nutrisystem Inc., (Nasdaq: NTRI), is announcing a licensing agreement with House Foods International, to market Nutrisystem J Diet in Japan. Capitalizing on the success of Nutrisystem branded *weight loss* programs currently sold only in North America, House Foods will begin to sell Nutrisystem J Diet in Japan on October 1, 2009. The new program, which will be sold to consumers exclusively through the House Foods E Commerce site and phone, will consist of *nutritionally balanced prepackaged foods* and beverages, delivered directly to the home, and supported by personalized *weight loss nutrition counseling*.

"We are thrilled to have been selected by House Foods to be their partner in launching this exciting new product. Through the combined vision and expertise of both companies, we're pleased that Japanese consumers will now have access to a new easy-to-use and effective *weight loss program* that we hope will start them on the road to a healthier life," said Joe Redling, Chairman and CEO of Nutrisystem, Inc. "In addition, the introduction of Nutrisystem J Diet provides the perfect platform for expanding the Nutrisystem brand."

"Partnering with Nutrisystem has been a major focus for House Foods and we feel fortunate to be able to offer this *diet program* to our customers who we feel will appreciate the delicious *and high quality meals* that will help them *lose weight*," said Mr. Uragami, President of House Foods Corporation. "We are confident that Nutrisystem's weight loss program will be as widely accepted by Japanese consumers as it has been in the United States."

Nutrisystem J Diet is a 14-day program consisting of two meals per day and beverages. Packaged with the initial shipment will be a beverage shaker and program support kit. Nutrisystem J Diet is available for purchase through House Foods E Commerce website or by phone.

*About House Foods Corporation*

Since 1913, House Foods Corporation (HFC) is committed to offering consumers the most affordable, highest quality and widest range of innovative products today. With over 2000 employees, HFC is Japan's largest processor of spices, and largest manufacturer and seller of popular products such as curry, stew mixes, and ready-to-heat packaged foods and beverages. To strengthen its health food division and direct mail business, HFC is proud to promote a healthy lifestyle for consumers through valued products, services and weight-loss partnerships. For more information, visit <http://housefoods.com>.

*About Nutrisystem, Inc.*

Nutrisystem, Inc. (Nasdaq: NTRI) is a leading provider of weight management products and services. Nutrisystem is sold direct to the consumer in North America through [nutrisystem.com](http://nutrisystem.com) for convenient home delivery. The company offers proven nutritionally balanced weight-loss programs designed for women, men, and seniors, as well as the new clinically tested Nutrisystem D plan, formulated specifically to help people with type 2 diabetes lose weight. The Nutrisystem program is based on 35 years of nutrition research and offers a variety of great tasting, satisfying high-fiber, heart healthy, good carbohydrate meals that are low on the Glycemic Index and contain zero trans fats. Nutrisystem is hundreds of dollars cheaper than other weight loss programs, based on an independent study by National Business Research Institute (October 2008). The program has no membership fees and provides 24/7 weight management support by trained weight loss coaches and online weight management tools free of charge. In 2009 Nutrisystem was selected as the #1 overall online retailer in the Health and Beauty category and #46 out of the top 500 online retailers overall by Internet Retailer Magazine. For more information or to become a customer visit <http://www.nutrisystem.com> or call 1-877-681-THIN (8446)

SOURCE Nutrisystem, Inc.

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