

# Dietary Therapy (1 of 5)

Low-calorie diets (LCD) are recommended for weight loss in overweight and obese persons.

*Evidence Category A.*

Reducing fat as part of an LCD is a practical way to reduce calories. *Evidence Category A.*



# Dietary Therapy (2 of 5)

Low-calorie diets can reduce total body weight by an average of 8 percent and help reduce abdominal fat content over a period of 6 months. *Evidence Category A.*



# Dietary Therapy (3 of 5)

Although lower fat diets without targeted calorie reduction help promote weight loss by producing a reduced calorie intake, lower fat diets coupled with total calorie reduction produce greater weight loss than lower fat diets alone.

*Evidence Category A.*



# Dietary Therapy (4 of 5)

Very low-calorie diets produce greater initial weight loss than low-calorie diets. However, long-term (>1 year) weight loss is not different from an LCD. *Evidence Category A.*



# Dietary Therapy (5 of 5)

Very Low-Calorie Diets (less than 800 kcal/day):

- Rapid weight loss
- Deficits are too great
- Nutritional inadequacies
- Greater weight regain
- No change in behavior
- Greater risk of gallstones



# Low-Calorie Step I Diet

<u>Nutrient</u>	<u>Recommended Intake</u>
Calories	500 to 1,000 kcal/day reduction
Total Fat	30 percent or less of total calories
SFA	8 to 10 percent of total calories
MUFA	Up to 15 percent of total calories
PUFA	Up to 10 percent of total calories
Cholesterol	<300 mg/day



# Low-Calorie Step I Diet (continued)

## Nutrient

## Recommended Intake

Protein

~ 15 percent of total calories

Carbohydrate

55 percent or more of total calories

Sodium Chloride

No more than 100 mmol/day (~ 2.4 g of sodium or ~ 6 g of sodium chloride)

Calcium

1,000 to 1,500 mg

Fiber

20 to 30 g



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The LCD recommended in the guidelines for weight loss has a nutrient composition that also will help decrease other risk factors, notably high serum cholesterol and hypertension. The **Step I** diet recommended by the National Cholesterol Education Program provides the appropriate nutrient composition in terms of fats.

- A reduction in calories of 500 to 1,000 kcal/day will help achieve a weight loss of 1 to 2 lbs/week.
- Total fat should be no more than 30 percent of total calories; saturated fat should provide 8 to 10 percent of total calories, and dietary cholesterol should be <300 mg/day.

Fat-modified foods may provide a helpful strategy for lowering total fat intake, but they are effective only if they are low in calories and there is no compensation of calories from other foods. Patients with high blood cholesterol levels may need to use the **Step II** diet to achieve further reductions in LDL-cholesterol level. In the Step II diet, saturated fat should be reduced to less than 7 percent of total calories and cholesterol levels to less than 200 mg/day. All other nutrients should be the same as in Step I.

## Low-Calorie Step I Diet (continued)

<u>Nutrient</u>	<u>Recommended Intake</u>
Protein	~ 15 percent of total calories
Carbohydrate	55 percent or more of total calories
Sodium Chloride	No more than 100 mmol/day (~ 2.4 g of sodium or ~ 6 g of sodium chloride)
Calcium	1,000 to 1,500 mg
Fiber	20 to 30 g



*Protein* should be no more than 15 percent of total calories and should be derived from plant sources and lean sources of animal protein.

*Dietary carbohydrate* should be approximately 55 percent or more of total calories and should be rich in complex carbohydrates from different vegetables, fruits, and whole grains—all good sources of vitamins, minerals, and fiber.

*Sodium chloride* should be no more than 100 mmol/day (~ 2.4 g of sodium or ~ 6 g of sodium chloride).

During weight loss, attention should be given to maintaining an adequate intake of *vitamins and minerals*, particularly *calcium*. Maintenance of the recommended calcium intake of 1,000 to 1,500 mg/day is especially important for women who may be at risk of osteoporosis.

Some authorities recommend 20 to 30 grams/day of *dietary fiber*, with an upper limit of 35 grams. A diet rich in soluble fiber, including oat bran, legumes, barley, and most fruits and vegetables, may be effective in reducing blood cholesterol levels. A diet high in all types of fiber may also aid in weight management by promoting satiety at lower calorie and fat levels.