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ABSTRACT FOR ADA ANNUAL MEETING 1983

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TITLE OF PAPER

630 Kcal Formula Diet Versus 1,200 Kcal Balanced Deficit  
Diet: Comparison of Weight Loss and Safety

CLASSIFICATION

Clinical Dietetics

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ADA: American Dietetic Association

The safety and effectiveness of a 630 Kcal formula diet (FD) composed of 29% protein, 17% fat and 54% carbohydrate, was compared with a 1,200 Kcal balanced deficit food diet (BDFD) in 80 healthy men and women, 10 to 30 pounds above ideal body weight. Subjects were randomly assigned to one of four study groups for a four week period: group I (n=20) - 630 Kcal FD on weekdays with 1,200 Kcal BDFD on weekends using designated meal plans; group II (n=20) - 630 Kcal FD on weekdays with 1,200 Kcal BDFD on weekends with no meal plans; group III (n=20) - 630 Kcal FD on weekdays with free eating on weekends; group IV (n=20) - 1,200 Kcal BDFD on weekdays and weekends using designated meal plans. Blood counts and comprehensive biochemical profiles were done at the beginning and end of the four week period. All groups, except III, were followed weekly by a dietitian. Sixty-five completed the study period. Mean weight loss was 9.64 lbs. in group I (n=18), 9.75 lbs. in group II (n=13), 6.23 lbs. in group III (n=16), and 5.67 lbs. in group IV (n=18). A significant decrease in serum cholesterol levels occurred in all groups; no significant changes in other laboratory parameters were noted. Subjects who completed the study period were then randomly divided into behavioral (B) and control (C) groups and followed for a further 12 weeks. By the end of the 12 weeks, 64% of group B and 78% of group C gained a mean of 4.76 and 4.82 lbs. respectively while 36% of group B and 22% of group C lost a mean of 4.33 and 3.71 lbs. respectively. The 630 Kcal FD was as safe, but more effective than, the 1200 Kcal BDFD for weight loss. Weekly dietitian contact improved weight loss but behavioral intervention during a 3 month follow-up did not significantly affect weight loss/gain. It is concluded that a nutrition-

ally complete formula diet of approximately 600 Kcals used on weekdays, with a 1,200 Kcal. balanced deficit food diet used on weekends, is a safe and effective means for weight reduction in moderately overweight, healthy individuals. Guidance and support by a qualified dietitian enhances weight loss.