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WEIGHT LOSS ON A COMBINED REGIMEN OF FORMULA DIET AND TRADITIONAL FOOD. J. Whittam, C. Chuck, C. Ikemiya, K. Mills, L. Wong, G. Spiller and J. Scala. Shaklee Research Center, Hayward, Ca.

An 8-week plan was tested in 33 overweight healthy subjects all consuming a formula diet (FD) which supplied 1/3 USRDA of all nutrients, 3 g. fiber and 210 Kcal per serving. For the first 4 weeks, daily intake was 420 Kcal/day from FD and 780 Kcal from recommended menus of traditional foods (TF). For the last 4 weeks the program alternated between rigid days of 3 servings of FD (630 Kcal) only and days of TF (1200 Kcal) only, while on each TF day a 150 Kcal preload was consumed before the evening meal. Subjects were given instruction books with dietary, behavior and exercise recommendations and food-record forms. One group of 16 subjects (G1) met once a week for a 1-hour support session, another group of 17 subjects (G2) carried out the program without group meetings. In 8 weeks G1 subjects lost 6.9 ± 3.2 kg. (mean \pm S.D.) and G2 lost 6.1 ± 2.6 kg. The difference between G1 and G2 weight loss was not significant at the $p < .05$ level. Subjects ranked counting calories, keeping food diaries and behavior modification suggestions as key factors in their weight loss. It appears that a plan combining balanced formula diets, traditional foods and record-keeping by the subjects can achieve meaningful weight-reduction with or without periodic group meetings and it is safe as confirmed by monitoring standard hematological and blood chemistry values throughout the study.

The author affirms that the material herein will not have been previously published or presented at any national meeting, or international meeting that any animal studies conform with the "Guiding Principles in the Care and Use of Animals" of the American Physiological Society, or an equivalent code, and that any human experimentation has been conducted according to a protocol approved by the institutional committee on ethics of human investigation or if no such committee exists that it conforms with the principles of the Declaration of Helsinki of the World Medical Association (CLINICAL RESEARCH) 14:193, 1966).

AUTHOR'S SIGNATURE

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