

OBESITY

Obesity today is a world wide “epidemic”. Everybody wants a supermodel body, thus the reason why a broad spectrum of alternative diets (quick fix) has evolved, although everyone knows sustained weight loss is based on calorie and portion size control. Weight can be lost on any diet that restricts portion sizes and total energy (TE) intake. Sustainability is hard to maintain, because people may feel hungry and deprived. Healthy sustainable weight loss is attained by lifestyle changes. As all dietetic professionals know, there is no mystery in how to lose weight: burn more calories and/or eat the right amount of calories – it’s all about energy balance. Burn more by exercising, and sustain your sugar levels! It is not how little you can eat. The global rise in overweight and obesity has intensified the search for an effective weight loss diet.

A popular trend of weight loss by way of minimizing starch or carbohydrate intake, without protein and fat restrictions, (example Atkins) contributed to the Atkins craze and because people are told what they want to hear and believe. The Atkins diet is an alternative to conventional diets. Conventional diets consist of a variety of foods (no limitations of specific macro nutrients) CHO (Starch or carbohydrate): 60% of TE, fat: 25% of TE, Protein: 15% of TE. In this report we will compare the efficiency of the high protein/fat, low –CHO and conventional diet on weight loss.

Summary & conclusion

The goal is to lose weight in ways that enhance health, rather than in ways that may harm it. In several studies performed the longest study to be done on the high protein./fat diet in comparison with the conventional diet (high CHO) was one year. Considering all studies, the findings were conclusive in terms of weight loss over 3 to 6 months, where more weight was lost on the Atkins diet than on the conventional diet probably because of the protein that causes satiety, and suppressed appetite as a result of ketosis and finally the rapid weight loss (Dehydration and water depletion) keeping people motivated to stick to the diet. Lipid profile was affected positively with an increase of dietary cholesterol, TG decreases as a result of weight loss. Although the Atkins diet promotes more weight loss in the first 6 months the diet is hard to follow through. Conventional diets focus on lifestyle alterations and weight loss continues beyond. Weight loss is easily maintained once goal weight is achieved. Total lipid profile was improved on high CHO diet in comparison to the low CHO diet with identical weight loss.