

Dietary therapy in the management of obesity

Low-calorie Step-1 Diet	
Nutrient	Recommended Intake
<p>Calories A reduction in calories of 500–1,000 kcal/day will help achieve a weight loss of 0.5–1.0 kg/week. Alcohol provides unneeded calories and displaces more nutritious foods and has been associated with obesity in epidemiologic studies. Impact of alcohol calories on overall intake needs to be assessed and appropriately controlled.</p>	Approximately 500–1000 kcal/day reduction from usual intake
<p>Total fat Fat-modified foods may provide a helpful strategy for lowering total fat intake but will only be effective if they are also low in calories and if there is no compensation by calories from other foods.</p>	30% or less of total calories
<p>Saturated fatty acids Patients with high serum cholesterol levels may need to use the Step II diet to achieve further reductions in LDL-cholesterol levels; in the Step II diet, saturated fats are reduced to less than 7 percent of total calories, and cholesterol levels to less than 200 mg/day. All other nutrients are the same as in Step I.</p>	8 – 10% of total calories
<p>Monosaturated fatty acids</p>	Up to 15% of total calories
<p>Polyunsaturated fatty acids</p>	Up to 10% of total calories
<p>Cholesterol Patients with high serum cholesterol levels may need to use the Step II diet to achieve further reduction in LDL-cholesterol levels; in the Step II diet, saturated fats are reduced to less than 7 percent of total calories, and cholesterol levels to less than 200 mg/day. All other nutrients are the same as in Step I.</p>	<300 mg/day
<p>Protein Protein should be derived from plant sources and lean sources of animal protein.</p>	Approximately 15% of total calories
<p>Carbohydrate Complex carbohydrates from different vegetables, fruits and whole grains are good sources of vitamins, minerals and fiber. 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 weight management by promoting satiety at lower levels of calorie and fat intake. Some authorities recommend 20 to 30 grams of fiber daily, with an upper limit of 35 grams.</p>	55% or more of total calories
<p>Sodium Chloride</p>	No more than 1,000 mmol/day (approximately 2.4 gm of sodium or approximately 6 g of sodium chloride)
<p>Calcium During weight loss, attention should be given to maintaining an adequate intake of vitamins and minerals. Maintenance of the recommended calcium intake for 1,000 – 1,500 mg/day is especially important for women who may be at risk of osteoporosis.</p>	1,000 to 1,500 mg/day
<p>Fiber Complex carbohydrates from different vegetables, fruits, and whole grains are good sources of vitamins, minerals and fiber. 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 weight management by promoting satiety at lower levels of calorie and fat intake. Some authorities recommend 2-30 grams of fiber daily, with an upper limit of 35 grams.</p>	20 – 30 g/day

Adapted from: NIH/NHLBI. The Practical Guide: Identification, Evaluation and Treatment of Overweight and Obesity in Adults. October 2000. NIH #00-4084, available on-line at <http://www.nhlbi.nih.gov/guidelines/obesity/practgde.htm>