



Studies on weight loss diets with different compositions of fat, protein & carbohydrates.

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Abstract:

Background: Studies on Weight loss of a Diet that protein, fat, carbohydrates has not been established and that are high in proteins and carbohydrates reached varied Conclusions probably owing to the fact that the studies had insufficient power.

Methods: We are different assigned 1000 overweight adults to one of three diets; the targeted percentage of energy derived from fat, Protein and carbohydrates in the three diets were, 25, 20 and 70% 25, 35 and 60%, 50,20,50% The diets consisted of similar food and met guideline for Cardiovascular health. The participants were offered group and individual instructional sessions for two Years. The body weight change after 2 years. In two by two functional Comparisons of low fat versus high fat and average protein versus high protein and in the comparison at highest and lowest carbohydrate content.

Results: After 6 (Six) months, participants assignee to each diet had lost an average of 6 KGM. which represented 8%. of their initial weight; they began to regain weight after 12 months. By 2 years weight loss remained similar in those who were assigned to a diet with 20% protein and those who assigned to a diet with 35% protein and those assigned to a diet with 25%. fat and those assigned to a diet with 50% fat and those assigned to a diet with 70% carbohydrates, 60% carbohydrates and 50% carbohydrates. We saw that both group protein loss 3 to 3.5 KGM respectively fat loss 3.5 KGM in both group And 3 to 3.5kgm loss of carbohydrate in Both group respectively.

Conclusions: Reduced calorie diets in clinical Meaningful weight loss regardless of which Macronutrients they Emphasize.



Biography:

Toral Patel has an experience of 6 years as a Clinical Dietitian. She is a B.Sc (Human Development) and a Post Graduation in Dietetics. She has a degree in Sports Nutrition, Diploma in Yoga, Diabetes Educator. Currently working with GYM, Multispeciality Hospital & sports Students, working as a Diabetes Educator. City- Nadiad, State- Gujarat. She received awards like “Rising Star Award in Health Care 2018”, “India Star Icon Award 2019”, “SarvachsevaSamman Award 2019”. She actively takes part in community programs to healthcare and she is Specialist in weight Loss, Weight Gain, Weight Management, Diabetes Educator & other Disease.

Recent Publications:

1. Sustainability Unpacked. Food, Energy and Water for Resilient Environments and Societies, Toral Patel
2. Bio-methanol: How energy choices in the western United States can help mitigate global climate change, Toral Patel
3. A non-value based framework for assessing ecosystem integrity, Toral Patel

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