

Common Diet Regimens for Obesity Management



Low Calorie Diet

A deficit of 500-1000 kcal/day will produce a weight loss of 490- 980 grams /week (1-2 lbs).

Low Carbohydrate Diet

Reducing carbohydrate intake (<35% of kcals from carbohydrates) results in reduced energy intake.

Very Low-Calorie Diet

(200-800 Kcal/day) is often in the form of liquid nutritional supplements and results in the most rapid weight loss.

Lower-Fat Diet

Lower-fat diets provide 25-30 % of calories from fat.

High-Protein, Low-Carbohydrate Diet

By restricting carbohydrates, the body goes into a different metabolic state, whereby it burns its own fat for fuel.

Eat Right 4 Your Type

(Blood Type determines diet)

Blood Group A: High Carbohydrate, Low Fat Vegetarian Diet.

Blood Group B: Varied Diet.

Blood Group AB: Combination of A and B diets.

Blood Group O: High Protein, Low Carbohydrate