

OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM:

A Practice Management & Leadership Training Program for PAs and NPs



Module 4: Lifestyle Interventions Eating Plans

| Nutrition Plan | General Description | Types of Foods Recommended | Types of Foods to Avoid | Advantages | Disadvantages |
|-------------------------|---|---|--|--|---|
| Low Fat | Less than ~20% of calories from fat | Vegetables, whole grains, legumes, fruits, low fat or fat free dairy, and lean meats and fish | Fat, red meats, sugar, and refined carbohydrates (ultra-processed foods) | Greater decrease in both LDL and total cholesterol | Hunger may be problematic |
| Low Carbohydrate | Less than 150 grams of carbohydrates per day Very low carbohydrate nutrition plan: less than 50 grams of carbohydrates per day | Non-starchy vegetables, leafy greens, low sugar fruits, nuts, seeds, eggs, meats and fish, some full-fat dairy, and natural oils and fats | Starchy foods, sugar, refined carbohydrates, trans fats, and ultra-processed foods | Greater reductions in triglycerides, insulin, glucose, inflammation; greater increases in HDL May reduce hunger Greater weight reduction in the first 6 months vs. other nutrition plans | Some individuals may experience increases in LDL on a very-low-carbohydrate diet May induce gout flares early on |
| Mediterranean | 40% of calories from fat Dietary pattern of citizens of Mediterranean countries | Olive oil, vegetables, fruits, legumes, whole grains, nuts, seeds, fish, and a moderate intake of red wine, seafood, poultry, fermented dairy (cheese and yogurt), and eggs | Ultra-processed carbohydrates, sugar, and red meat | Countries following a Mediterranean lifestyle tend to have low rates of heart disease and long life-expectancies The most robust data to support reductions in cardiovascular disease risk | May produce less weight reduction and less reductions in hunger vs. a low carbohydrate eating plan |