



Reduced-Calorie Healthy Eating Plans

The American Heart Association, the American College of Cardiology, and The Obesity Society Guideline for the Management of Overweight and Obesity in Adults reports on a systematic evidence review of 17 diets, and no single diet was superior.¹

Among the diets studied, the best predictor of success was adherence.¹ Therefore, clinicians should prescribe a diet based on the patient's health status and dietary preferences. Cultural food traditions, food availability, time and financial constraints, and cooking skills should also be considered.

The United States Department of Agriculture Dietary Guidelines for Americans advise consumption of a dietary pattern that emphasizes vegetables, fruits, and whole grains; includes low-fat dairy products, poultry, fish, legumes, nontropical vegetable oils, and nuts; and limits intake of sodium, sweets, sugar-sweetened beverages, trans fats, and red meats.³

As the Obesity Medicine Association emphasizes in its obesity algorithm, "Managing the quality of calories is important when reducing the quantity of calories."⁴

Most lifestyle intervention programs recommend a healthy eating plan that induces an energy deficit of 500 to 1000 calories per day. The daily caloric goal is usually 1200 to 1500 calories for women and 1500 to 1800 for men.⁵

Weight-loss diets usually focus on the caloric manipulation of the three macronutrients: carbohydrate, fat, or protein.⁶

Limiting dietary fat produces greater reductions in total and LDL cholesterol.⁶

Limiting dietary carbohydrate produces greater reduction in serum triglycerides and an increase in HDL-cholesterol.⁶

Reduction of carbohydrates also can lead to a greater reduction in serum glucose.⁶

1. Jensen MD, et al. J Am Coll Cardiol. 2014; 63(25 Pt B):2985-3023.

2. Ryan DH. Endocrinol Metab Clin North Am. 2016; 45:501-510.

3. US Department of Health and Human Services; US Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. 8th ed. Washington, DC: US Dept of Health and Human Services; December 2015.
4. Obesity Medical Association. Obesity Algorithm 2016-2017.
5. Alamuddin N, et al. *Endocrinol Metab Clin North Am*. 2016;45:565-580.
6. Obesity Medical Association. Obesity Algorithm 2016-2017.