# Beaumont study proclaims very low cal diets work

Researchers at William Beaumont Hospital say "very low calorie diets" do work, despite the yo-yo weight problems of national talk show host Oprah Winfrey.
"This study dispraves the notion that people who lose weight on very-low-enlorie diets put it all back on again," said Dr. Charles Lucas, director of Beaumont's Division of Preventive and Nutritional Medicine in Birmingham.
"VLCD therapy, combined with

cine in Birmingham.

"VLCD therapy, combined with behavior modification, has produced large degrees of weight loss in moderate to very obese patients over the past 20 years," said Dr. Lu-cas. "But there have been few studies documenting the long-term ef-fectiveness of a very-low-calorie

Winfrey's much-publicized weight regain, after a very-low-calo-ric diet (VLCD), fed the viewpoint that people who lose weight on

#### HEALTH

VLCD programs gain it all back

#### Study published

The study by Beaumont re-searchers was published in the Aug-ust edition of the International Journal of Obesity. The 3.3-year fol-low-up study of 118 patients who completed eight weeks of VLCD

- therapy found:

  75 percent kept off an average of 43 pounds.
- 20 percent averaged 100 pounds of weight loss after three
- years.

  The total 118 patients achieved an average weight loss of

69 pounds during VLCD treatment and maintained a loss of 30 pounds

and maintained a loss to do plonting in the follow-up study.

The Beaumont study is one of only seven published that have followed VLCD patients more than two years after weight loss and one of the largest samplings. All 118 were at least 40 pounds overweight by the Metropolitan Life tables.

Patients in the Beaumont study had a deliy intake of 300-450 colo-ries. The formula consisted of 45-76 grams of protein, 30-75 grams of carbohydrate, 1-2 grams of fat and no cholesterol.

Patients were seen weekly by a physician and encouraged to exercise and to keep daily food and exercise records. They attended group sessions led by a psychologist for training in behavior modification.

As they approached their goal weight, patients entered a mainte-

nance phase of the program where a low-fat food diet was slowly intro-duced. They also attended group meetings with a dietilian for in-struction in low-fat food choices.

Those who exercised and used be-havior modification had the most success in losing weight and keep-ing it off. Examples:

- Those who "fat-proofed" their homes, kept daily records and prac-ticed assertiveness, problem-solv-ing and other forms of behavior modification, lost twice as much weight, and regained half as much weight, as others.
- Exercisers had a greater over-alt percentage of weight loss than non-exercisers. Those who exercised more than 210 minutes per week

maintained a weight loss twice as great at follow-up as those who exercised leas.

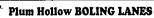
Patients who reported eating high-fat foods at least once a week regained more weight than others. The percentage of weight loss at follow-up was twice as great in those who said they did not eat cheese, butter, high-fat anacks and fried

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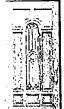
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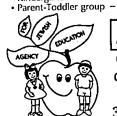


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