WEIGHT LOSS PROGRAM HIGH PROTEIN DIETS.
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program and a weight management program involving periods of moderate calorie restriction (1,200 to 1,600 calories per day) followed by short periods of higher caloric intake (2,600 calories per day). The program is designed to promote a gradual reduction in body fat while increasing strength and fitness. Although the program has been based on sound rationale, the effects of following this program have not been studied. The purpose of this study is to examine the safety of the adhering to the Curves high protein diets in sedentary overweight females.

Experimental Design

Subjects

154 sedentary women (38.8±8 yr; 94.3±19 kg; 43.3±5.5 % body fat) participated in a 14 wk exercise and diet program. Subjects were assigned to an exercise and no diet group (E+ND); an exercise and high mixed calorie diet group (HCD); or, a low calorie high carbohydrate (HCHO), high protein (HP), or very high protein (VHP) diet. The diets involved consuming 1,200 kcal/d for 2 wks followed by ingesting 1,600 kcal/d for 6 wks. Subjects then ingested 2,600 kcal and 1,200 kcal diet at 3/2, 1.25, & 1/10 th day intervals, respectively, in an attempt to maintain weight loss. Diets were standardized with 30% dietary fat with carbohydrate intake ranging from 40-55% on the HCD and HCHO diets and protein intake ranging from 50-63% (2.0 – 2.4 g/kg/d) on the HP and VHP diets. Subjects participated in a supervised Curves 30-min resistance training circuit program that was interspersed with calisthenic exercises and performed 3-5 per week. At 0, 2, 10, 10.4 and 14 weeks, subjects donated fasting blood samples, had DEXA whole body bone density determined, and completed a food satisfaction inventory. Data were analyzed by repeated measures ANOVA and Pearson Product correlation.

Diet Protocol

Based on baseline testing, subjects were randomly assigned to one of the following groups:

• an exercise and no diet group (ND+E);
• an exercise and high mixed calorie diet group (2,600 kcal/d for 2 wks at 55% C, 15% P, 30% F; 8 wks at 40% C, 30% P, 30% F; 4 wks at 55% C, 15% P, 30% F) group (HCD+E);
• a low calorie high carbohydrate diet group (LC-HCHO+E);
• a low calorie high protein diet group (LC-HP+E); or,
• a low calorie very high protein diet group (LC-VHP+E) diet group.

The diets involved consuming 1,200 kcal for 2 wks and 1,600 kcal/d for 8 wks. Subjects then ingested 2,600 kcal/d and 1,200 kcal diet at 3/2, 1.25, & 1/10 th day intervals in an attempt to maintain weight loss and REE.

Dieting at 1,200 kcal/d but returned to near baseline levels thereafter with no differences observed among groups at week 10, 10.4 or 14. No significant interaction was observed among groups in creatinine, BUN, uric acid, total protein, AST, ALT, GGT, LDH, GGT, total cholesterol, HDL, LDL, calcium, alkaline phosphatase, or bone mineral content among groups.

The moderate and high protein Curves diets appear to be well tolerated and do not adversely affect health status of this subject population. (Sponsored by Curves International, Waco, TX)