

# Dietary Interventions for Weight Loss

## Commercial Weight Loss, Alternate Day Fasting, and Diet Comparison

### Section Title

This is Episode 6 of Primary Care Anywhere, a resident-led podcast by to you by University of Utah Internal Medicine Residency. This episode focuses on Dietary Interventions for Weight loss and features PGY-3 Joel Money, PGY-2 Keegan Colletier, and PGY-3 Dylan Werst, with show notes by PGY-1 Andrea Carefoot, introduction and conclusion by Will Ladner, logo by PGY-2 Kathryn Schmidt, infographics plus editing and production by Catey Harwell.

### Credits

Audio: Joel Money PGY3, Keegan Colletier PGY-2, Dylan Werst PGY-3

Show Notes: Andrea Carefoot PGY-1

Infographic: Catey Harwell CMR

Intro/conclusion: Will Ladner CMR

Cover Art: Kathryn Schmidt PGY-2

Production/Editing: Catey Harwell CMR

### Outline

- **00:00** Introduction by Will
- **00:56** Case
- **02:10** Review of effective ways to counsel patients on weight loss
- **03:08** Comparison of Weight Loss Diets with Different Compositions of Fat, Protein, Carbohydrates. NEJM 2009.
- **05:30** NEJM results
- **06:44** Why the NEJM study is important
- **07:15** Intro and description of “intermittent fasting”
- **07:46** Different types of intermittent fasting
- **07:58** Alternate day fasting definition
- **08:30:** Alternate Day Fasting for Weight Loss in Normal Weight and Overweight Subjects
- **09:10:** Effective Alternative Day Fasting on Weight Loss, Weight Maintenance, and Cardiovascular Protection Among Metabolically Healthy Obese Adult
- **12:47** Intro and description of systematic review: Efficacy of Commercial Weight Loss
- **14:10** Primary outcome of study “Efficacy of Commercial Weight Loss”
- **15:15** Main Results
- **16:52** Returning to the case and applying the information from studies
- **17:52** Main lessons

## “Dietary Interventions for Weight Loss” Pearls

1. The most important thing that people can do is have a caloric deficit for weight loss.
2. Alternate day fasting: eating 25% of suggested caloric intake and then having a “feast day” the following day where you can eat anything you want.
3. According to 2017 JAMA study, alternative day fasting group did not produce superior weight loss, weight maintenance, or improved cardiovascular protection when compared to calorie restriction
4. Alternative day fasting may be less sustainable than calorie restriction based on findings of JAMA 2017 study
5. Per study in Annals of Internal Medicine, Weight Watchers, Jenny Craig, and Nutrisystem resulted in at least 2-5% greater loss in 12 months in comparison to control groups (health education and behavioral counseling)

## References/Links

Efficacy of Commercial Weight Loss Programs. Annals of Internal Medicine 2015

Alternate Day Fasting for Weight Loss in Normal Weight and Overweight Subjects. Nutrition Journal 2013.

Effective Alternative Day Fasting on Weight Loss, Weight Maintenance, and Cardiovascular Protection Among Metabolically Healthy Obese Adult. JAMA Internal Medicine 2017.

Comparison of Weight Loss Diets with Different Compositions of Fat, Protein, Carbohydrates. NEJM 2009.