



Healthy convenient prepared meals improve dietary quality during structured dietary intervention for heart disease risk factor reduction.

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Introduction

•Caloric restriction is a typical approach for creating a negative energy balance for weight-loss. Reduced food consumption may negatively affect dietary quality. Interventions that can maintain this in the face of caloric restriction are desirable.

Purpose

•To examine the effects of a DASH-Style diet on dietary quality(BMI 22-40) for 24 weeks compared to an exercise only control group.

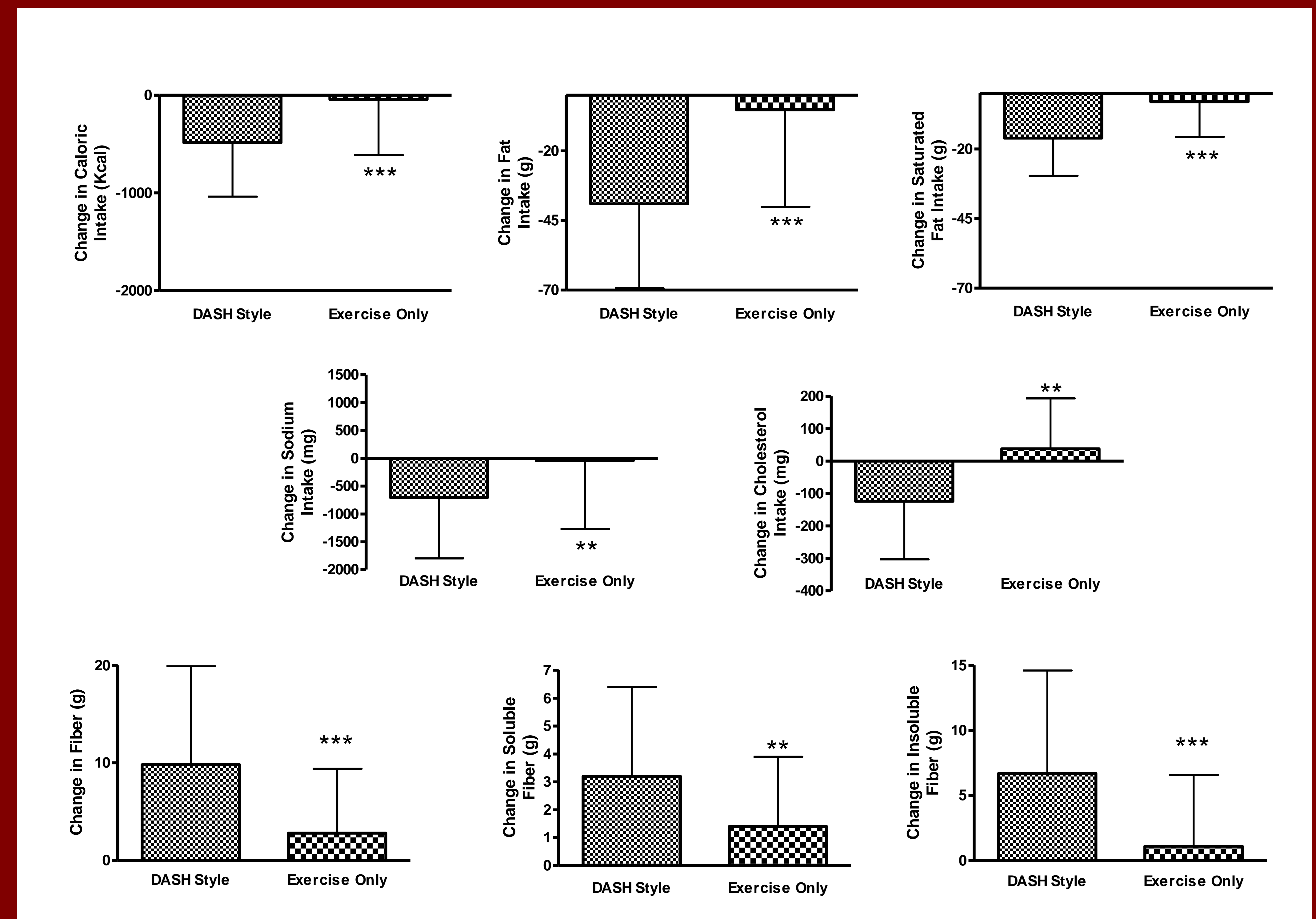
Methods

•We examined the changes on dietary quality in 111 participants (BMI 22-40) for 24 weeks.

- DASH-Style diet and exercise (DS; n=62)
- Exercise only (EO: n=49)
- Both groups received an exercise prescription recommending a minimum of:
 - moderate physical activity
 - 15 minutes per session, progressing to 45 minutes
 - 3 days per week progressing to 4 days per week by week 12.
- They were provided support via once weekly meetings with an exercise physiologist for 12 weeks and biweekly thereafter.
- The DS group also followed a standardized dietary approach consisting of:
 - a reduced calorie eating pattern
 - Incorporation of one commercially prepared healthy frozen meal and one other selected grocery item each day
 - dietary counseling from a dietician once weekly for 12 weeks and biweekly thereafter.

Results

After 24 weeks, the DS group reduced body weight to a significantly greater degree than EO (-17.70 ± 10.11 vs -6.23 ± 8.12 lbs, p<0.001).



*** different than DASH Style, p<0.001 ** different then DASH Style, p<0.01

Conclusion

•These data suggest a structured calorie restricted diet including healthy prepared meals can help maintain, or improve, dietary quality thus reducing risk factors for chronic conditions.

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