



Improved weight and body composition following a structured diet plan incorporating healthy convenient prepared meals

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Introduction

- Excess body fat is a risk factor for the development of many chronic diseases.
- Lifestyle measures such as decreased caloric intake and increased physical activity constitute first line treatments to reduce excess body fat.

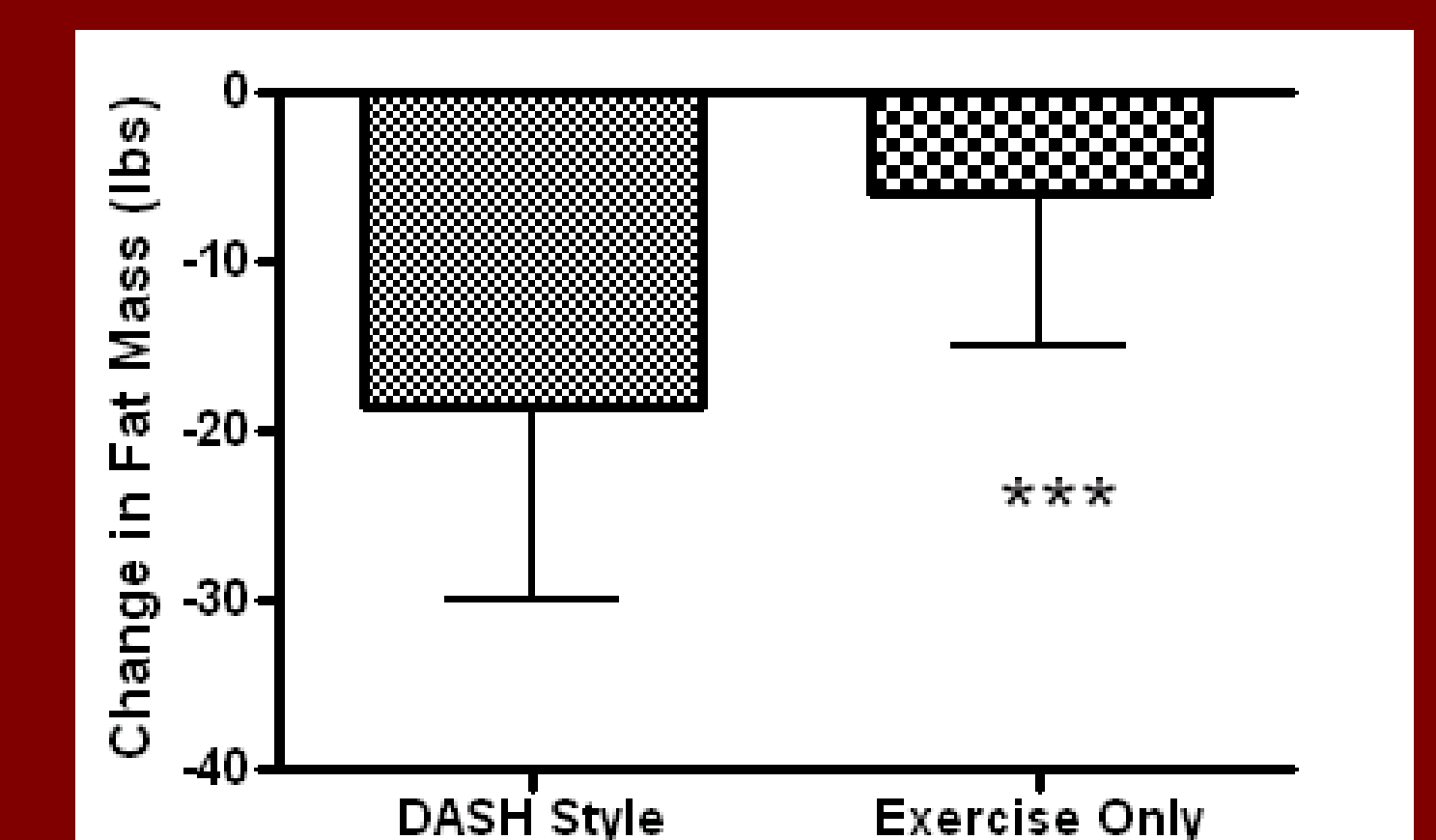
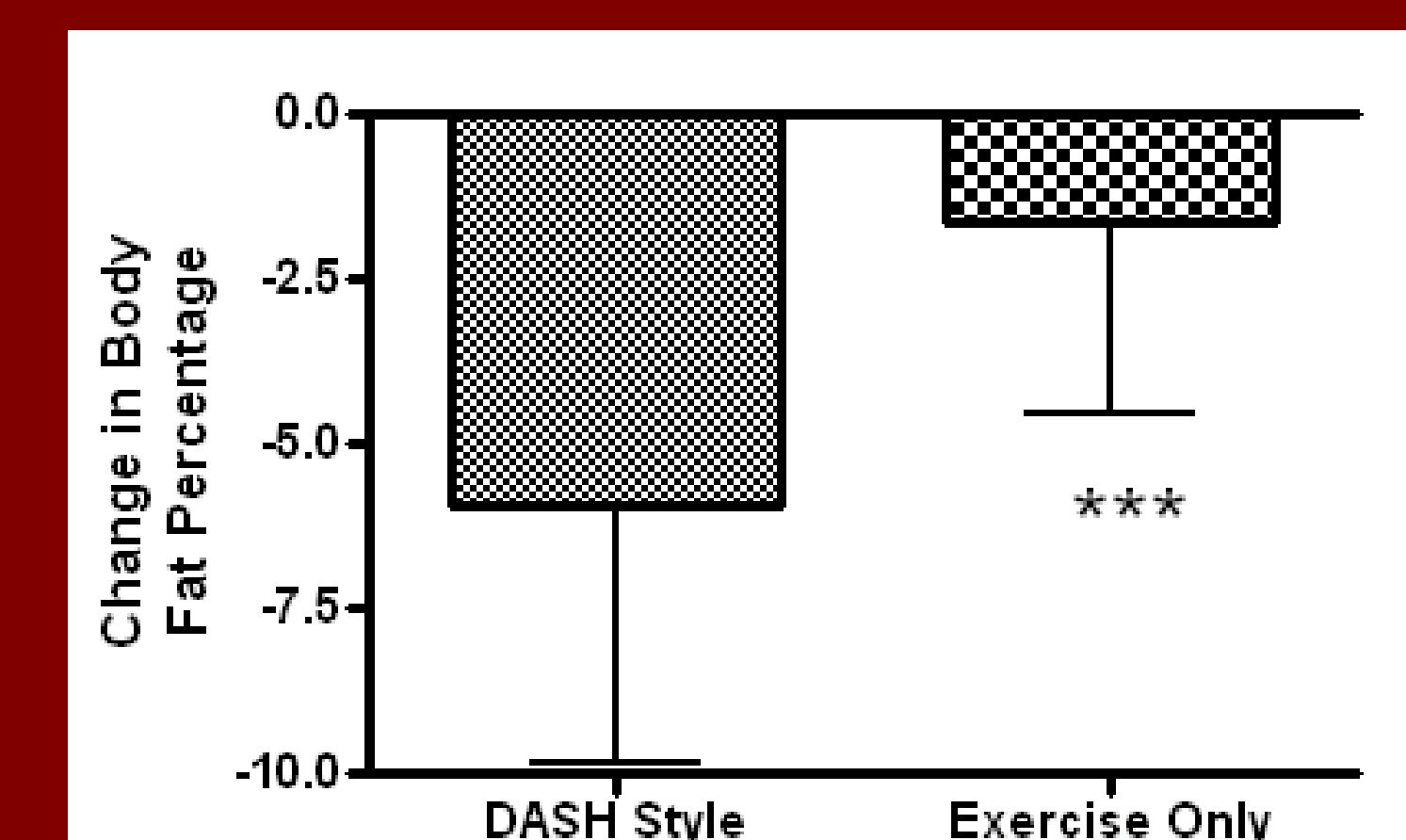
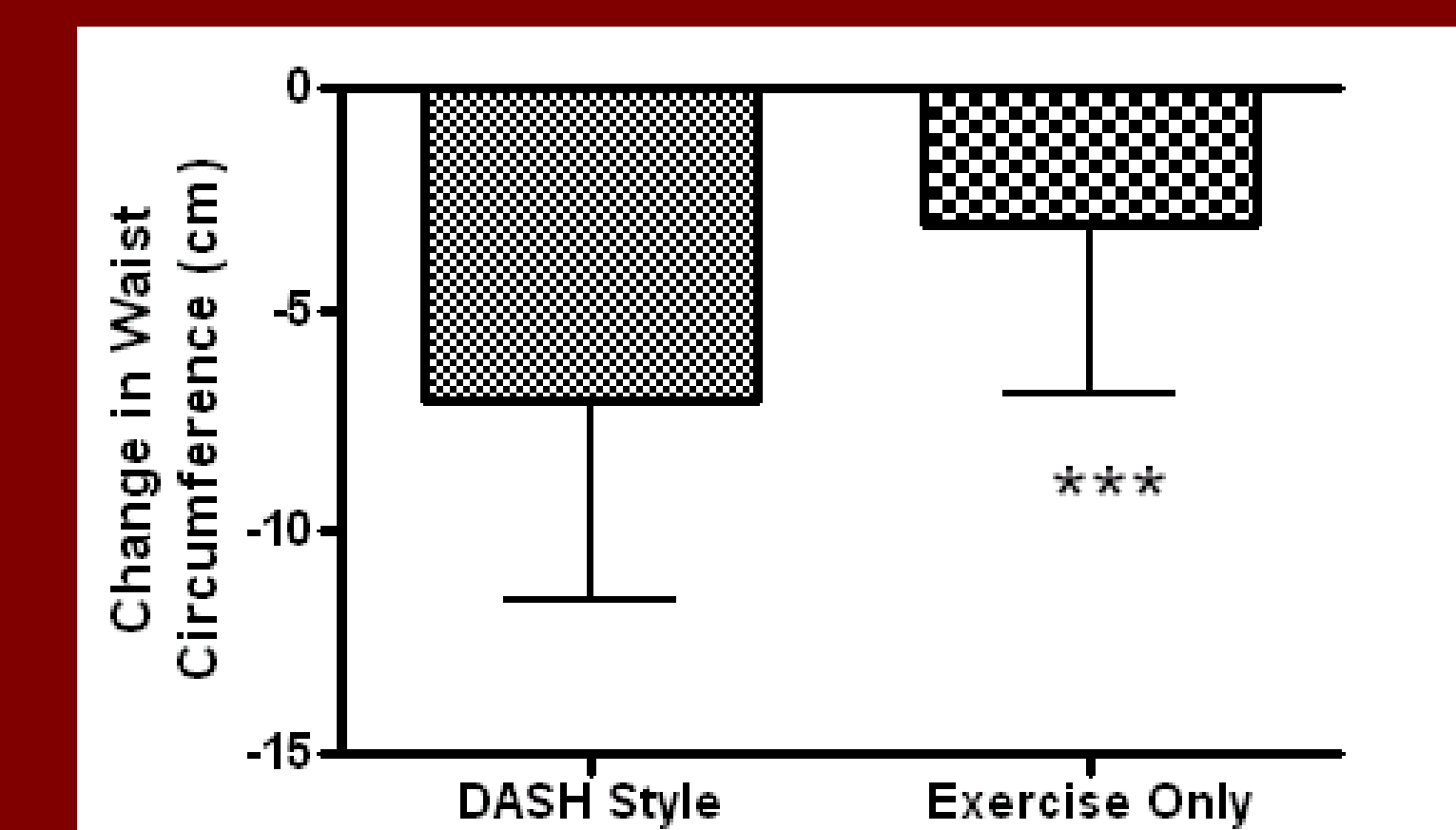
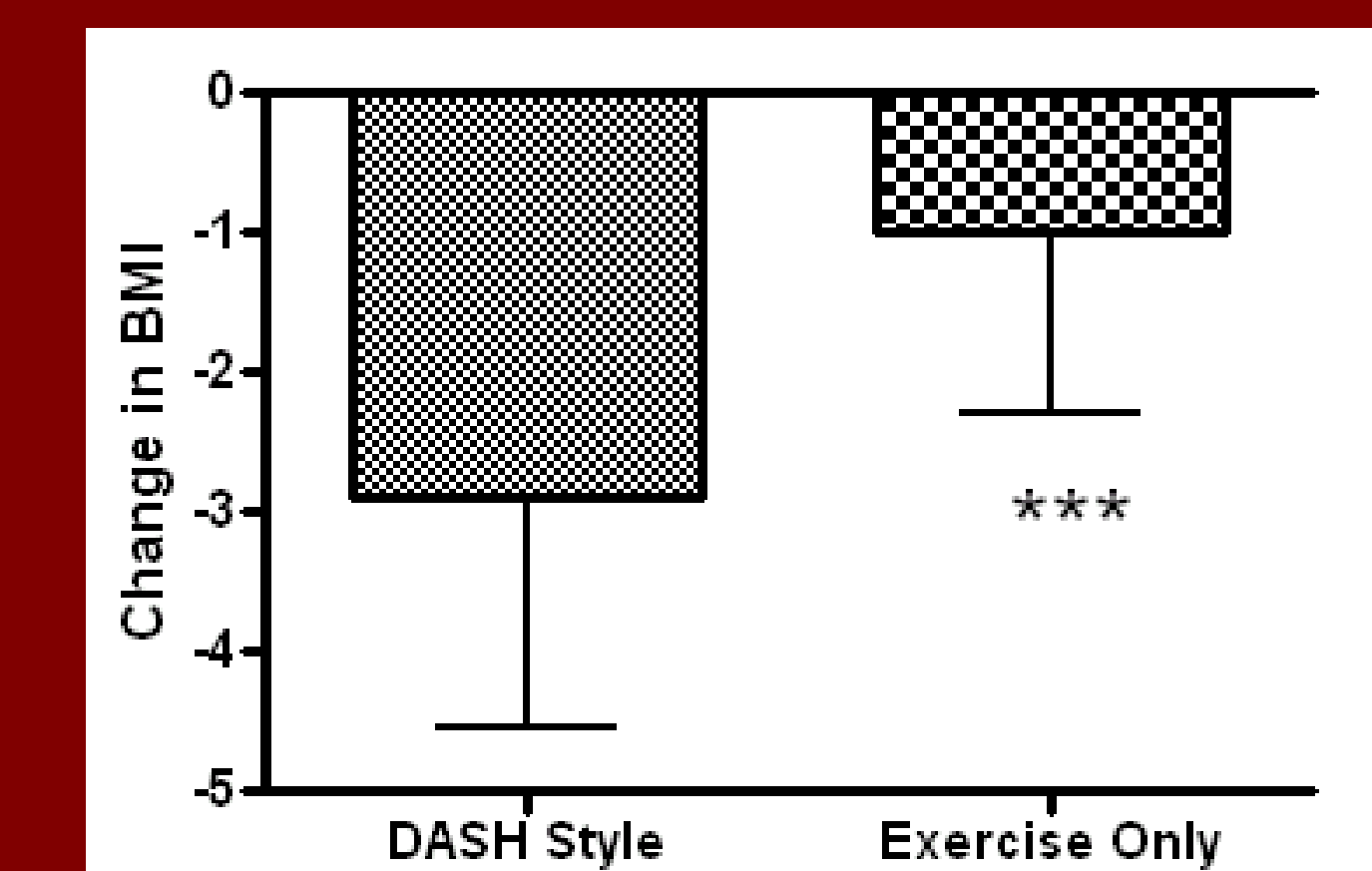
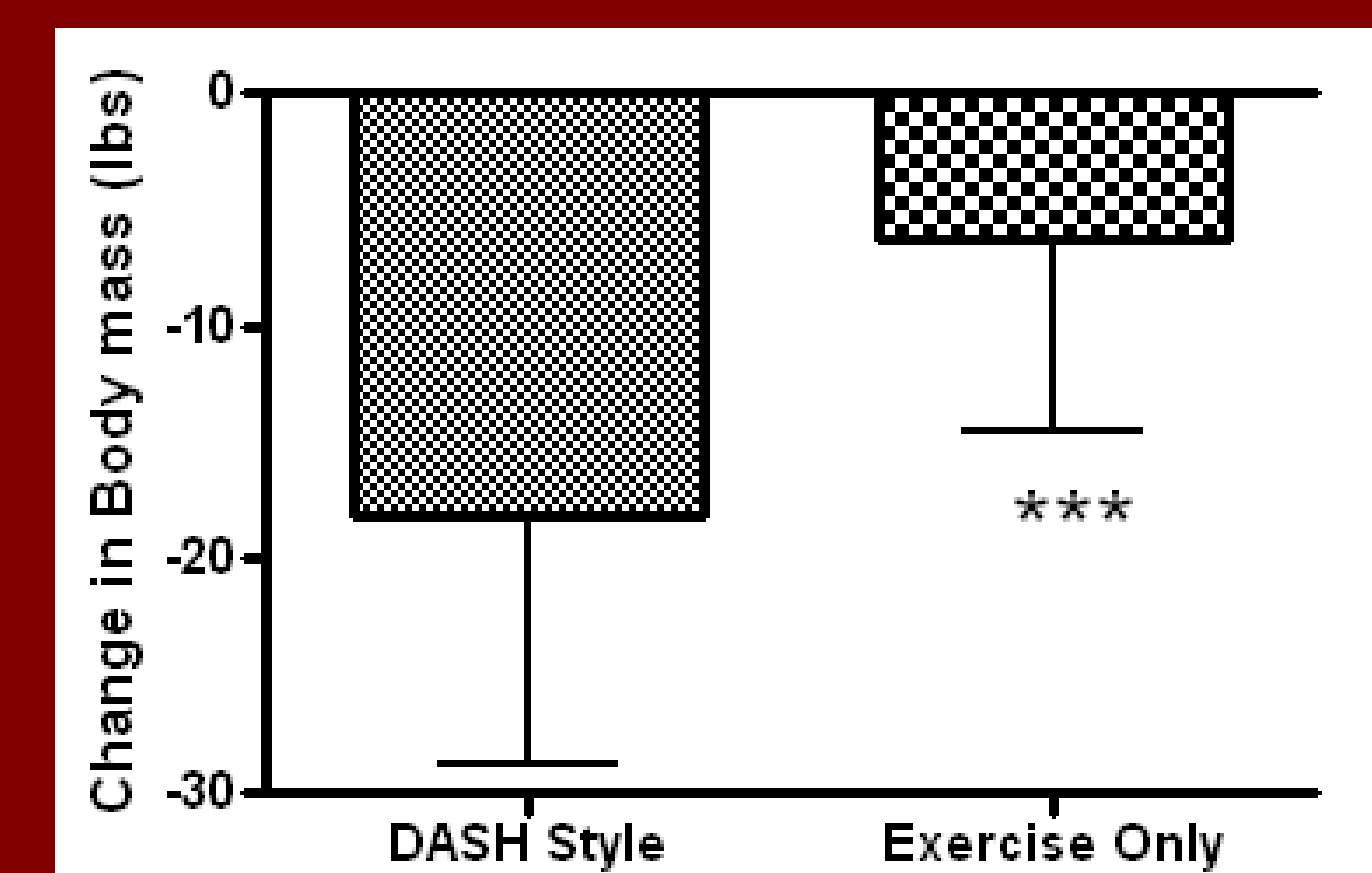
Purpose

- To examine the effects of a DASH-Style diet on body composition for 24 weeks in comparison to an exercise only control group.

Methods

- We examined the changes on body composition in 128 participants (BMI 22-40) for 24 weeks.
 - DASH-Style diet and exercise (DS; n=70)
 - Exercise only (EO, n=58)
- 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



*** different from DASH, p<0.001

Conclusion

- These data suggest that a structured diet plan that combines healthy prepared meals with regular walking exercise can successfully reduce weight and improve measures of adiposity.
- The convenience of ready to eat meals may improve compliance to a structured program of risk factor reduction

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