Clinical Evaluation of a Minimal Intervention Meal Replacement Regimen for Weight Reduction

Source

Abstract
OBJECTIVE
To evaluate a simplified weight loss program in which subjects were provided a widely available meal replacement product and its package insert information.

METHODS
A nonintervention multicenter study with 301 subjects was conducted to evaluate the use of meal replacements (Slim·Fast) over a 2-year period. A total of 273 of the original 301 subjects completed the 12-week weight loss phase. Two hundred thirty-eight subjects agreed to enter the 2-year phase of the study.

RESULTS
Baseline body weights for male and female subjects were 197 ± 14 lbs and 167 ± 13 lbs, respectively. Similar values at the end of the 12 weeks were 178 ± 16 lbs and 153 ± 15 lbs for the male and female subjects, respectively. Fifty-six percent of the 238 subjects completed the 2-year follow-up in which females and males lost 13.6 ± 10.5 lbs and 14 ± 10.5 lbs, respectively.

CONCLUSION
Mild to moderately obese subjects using a meal replacement plan can sustain significant weight loss for 2 years. A self-help meal replacement program for weight loss with minimal intervention was highly effective.