May 20th, 12:30 PM

**A Non-Restrictive Weight Loss Diet Focused on Increasing Fiber and Lean Protein: Results of a Pilot Trial**

Lijuan Zhang  
*University of Massachusetts Medical School*

Sherry L. Pagoto  
*University of Massachusetts Medical School*

Barbara C. Olendzki  
*University of Massachusetts Medical School*

*See next page for additional authors*

---

Follow this and additional works at: [http://escholarship.umassmed.edu/cts_retreat](http://escholarship.umassmed.edu/cts_retreat)  
Part of the [Behavior and Behavior Mechanisms Commons](http://escholarship.umassmed.edu/cts_retreat), [Dietetics and Clinical Nutrition Commons](http://escholarship.umassmed.edu/cts_retreat), and the [Nutrition Commons](http://escholarship.umassmed.edu/cts_retreat)

---

Zhang, Lijuan; Pagoto, Sherry L.; Olendzki, Barbara C.; Persuitte, Gioia; Churchill, Linda C.; Oleski, Jessica; and Ma, Yunsheng, "A Non-Restrictive Weight Loss Diet Focused on Increasing Fiber and Lean Protein: Results of a Pilot Trial" (2016). *UMass Center for Clinical and Translational Science Research Retreat*. 99.  
[http://escholarship.umassmed.edu/cts_retreat/2016/posters/99](http://escholarship.umassmed.edu/cts_retreat/2016/posters/99)

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in UMass Center for Clinical and Translational Science Research Retreat by an authorized administrator of eScholarship@UMMS. For more information, please contact Lisa.Palmer@umassmed.edu.
Presenter Information
Lijuan Zhang, Sherry L. Pagoto, Barbara C. Olendzki, Gioia Persuitte, Linda C. Churchill, Jessica Oleski, and Yunsheng Ma

Keywords
nutrition, dieting, weight loss, high fiber, lean protein

Creative Commons License
This work is licensed under a Creative Commons Attribution-Noncommercial-Share Alike 3.0 License.

This poster abstract is available at eScholarship@UMMS: http://escholarship.umassmed.edu/cts_retreat/2016/posters/99
A Non-Restrictive Weight Loss Diet Focused on Increasing Fiber and Lean Protein: Results of a Pilot Trial

Lijuan Zhang, Sherry L. Pagoto, Barbara C. Olendzki, Gioia Persuitte, Linda C. Churchill, Jessica Oleski, and Yunsheng Ma*
Division of Preventive and Behavioral Medicine, University of Massachusetts Medical School, Worcester, MA

Abstract

Objective. The vast majority of diets are not only multicomponent but also restrictive. Dietary fiber or protein can reduce hunger and enhance satiety; they also exert clinical benefits. We examined feasibility and acceptability of a non-restrictive diet combining the two for weight loss.

Population and Methods. Fifteen patients were enrolled in the trial (2 men, 13 women, mean age=48 y and mean BMI = 36 kg/m²) to attend 6 bi-weekly individual counselling sessions for the diet during the 12-week study period. The goals of the intervention were to attain a daily goal of higher fiber (>35g)/ and lean protein (120g). 24-hour diet recalls and body weight were collected at baseline, 6- and 12-week assessments.

Results. All participants completed 6-week assessment, one participant dropped from the study before 12-week assessment. At 12 weeks, 93% of participants liked the diet much/very much, 92% were very/extremely confident in adhering to the diet and 85% did not feel hungry on the diet. Mean fiber intake increased by 9.4 g/day (95% CI: 5.9, 12.8) at 6 weeks, and by 6.9 g/day (CI: 3.3, 10.5) at 12 weeks. Protein intake increased by a mean of 13.7 g/day (CI: 4.8, 22.6) at 6 weeks, and by 6.0 g/day (CI: -3.3, 15.3) at 12 weeks. % of calories from saturated fat decreased by 2.0% (CI: 0.5, 3.4) at 6 weeks and by 2.7% (CI: 0.5, 3.4) at 12 weeks. Alternative Healthy Eating Index score increased by 9.7 (CI: 5.3, 14.0) at 6 weeks and by 6.1 (CI: 1.5, 10.7) at 12 weeks. Mean weight loss was -2.7 lbs (CI: -4.9, 0.6) at 6 weeks and -4.7 lbs (CI: -8.0, -1.4) at 12 weeks.

Conclusion. Participants liked the diet prescribed, and significantly increased their fiber and lean protein intake, resulting in significant weight loss with improvement to dietary quality.

* Address for Correspondence: Yunsheng Ma, MD, PhD, Division of Preventive and Behavioral Medicine, Department of Medicine, University of Massachusetts Medical School
Worcester, MA 01655, USA; Tel: 508 856 1008; Fax: 508 856 2022; E-mail: Yunsheng.Ma@umassmed.edu