

Dietary changes

Various dietary strategies can effectively reduce weight¹

Caloric intake should be reduced by 500 to 1,000 calories per day (kcal/day) from the current level.

500
to
1,000
kcal/day

Low calorie diet (LCD) implies reducing calorie intake, taking into account food preferences to²:

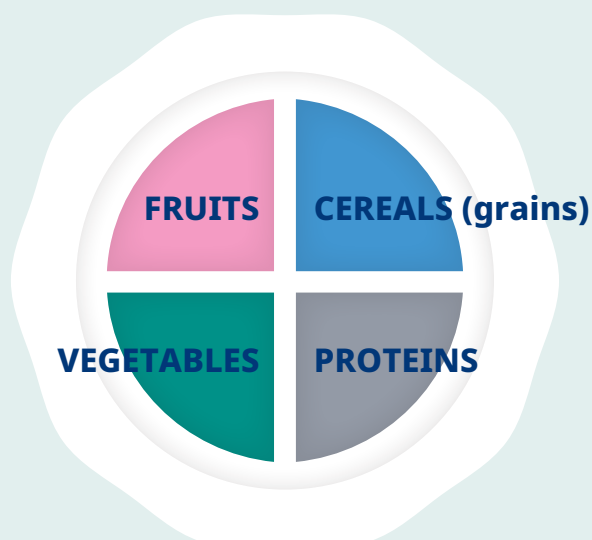


1,000 to 1,200
kcal/day



1,200 to 1,600
kcal/day

An excellent way to plan meals is the **"Plate Method"**, which allows you to choose the right foods in the correct portions³:



Focus on variety, amount, and nutrition.



Choose foods and beverages with less saturated fat, sodium, and added sugars.



Start with small changes to build healthier eating styles.

Disclaimer: Talk with your health care professional about an eating pattern and physical activity program that is right for you.

Reference:

1. Dietary Approaches to the Treatment of Obesity - PMC (nih.gov)
2. Obesity Pathogenesis: An Endocrine Society Scientific Statement | Endocrine Reviews | Oxford Academic (oup.com)
3. USDA MyPlate What Is MyPlate?