

OBESITY MANAGEMENT IN PRIMARY CARE PROFESSIONAL DEVELOPMENT & CERTIFICATE PROGRAM



Nutrition Plan	General Description	Types of Foods Recommended	Types of Foods to Avoid	Advantages	Disadvantages
Low Fat	Less than ~20-30% of calories from fat	Vegetables, whole grains, legumes, fruits, low fat or fat free dairy, and lean meats and fish	Fat, red meats, sugar, and refined carbohydrates (ultra-processed foods)	Greater decrease in both LDL and total cholesterol	Hunger may be problematic
Low Carbohydrate	Less than 130-150 grams of carbohydrates per day Very low carbohydrate nutrition plan: less than 50 grams of carbohydrates per day	Non-starchy vegetables, leafy greens, low sugar fruits, nuts, seeds, eggs, meats and fish, some full-fat dairy, and natural oils and fats	Starchy foods, sugar, refined carbohydrates, trans fats, and ultra-processed foods	Greater reductions in triglycerides, insulin, glucose, inflammation; greater increases in HDL May reduce hunger Greater weight reduction in the first 6 months vs. other nutrition plans	Some individuals may experience increases in LDL on a very-low-carbohydrate diet May induce gout flares early on
Mediterranean	40% of calories from fat Dietary pattern of citizens of Mediterranean countries	Olive oil, vegetables, fruits, legumes, whole grains, nuts, seeds, fish, and a moderate intake of red wine, seafood, poultry, fermented dairy (cheese and yogurt), and eggs	Ultra-processed carbohydrates, sugar, and red meat	Countries following a Mediterranean lifestyle tend to have low rates of heart disease and long life-expectancies The most robust data to support reductions in cardiovascular disease risk	May produce less weight reduction and less reductions in hunger vs a low carbohydrate eating plan

Tondt J, et al. Obesity Algorithm eBook. Accessed August 28, 2024. <https://obesitymedicine.org/resources/obesity-algorithm/>