

Obesity Treatment: Broadening Our Perspective

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Objective: To selectively review the dietary literature to broaden perspectives on energy restriction as the primary determinant of successful obesity treatment. **Methods:** Forty-five articles describing novel dietary behaviors and nutrient intakes that may impact obesity treatment are examined. **Results:** Two areas of promising research were identified: (a) Dietary behaviors and patterns – eating frequency, meal timing, specific dietary pattern and (b) Nutritional factors - fat,

fiber, glycemic load, carbohydrate. **Conclusions:** Caloric restriction leads to weight loss. However, promotion of dietary behaviors that focus primarily on cutting calories needs evaluation. There may be many dietary behaviors and patterns that promote weight loss and maintenance, making it essential to consider new nutritional approaches for obesity treatment.

Key words: dietary behaviors, obesity, weight management

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