

e-Appendix: Weight-loss dietary regimens for a low-calorie diet, low-carbohydrate diet and very-low-fat diet as calculated for a sedentary woman, 45 years of age with a body mass index of 31 kg/m² (weight = 87.5 kg [192.5 lbs], height = 167.6 cm [5'6"])*

Low-calorie diet			Calorie-reduced low-carbohydrate diet			Calorie-reduced very-low-fat diet		
Choicest†	Foods	Amount	Choices	Foods	Amount	Choices	Foods	Amount
	Breakfast			Breakfast			Breakfast	
1 grain product	Bran flakes	¾ cup	2 meat & alternatives	Extra large egg	2	2 grain products	All Bran cereal	¾ cup
1 milk product	cereal	1 cup	1 fat	Butter	1 tsp	1 milk product	Milk, skim	1 cup
½ fruit	Milk, 1%	1/2	1 fat	Bacon (medium slice)	2	½ fruit	Banana	1/2
	Lunch			Lunch	4 oz		Lunch	
	<u>Tuna sandwich:</u>	2	1½ meat & alternatives	Ham (regular)	1 Tbsp		<u>Tuna sandwich:</u>	
2 grain products	Whole wheat toast	2 oz	3 fat	Regular mayonnaise	10	2 grain products	Whole wheat toast	2
1 meat & alternative	Tuna	leaves	1 vegetable	Baby carrots		1 meat & alternative	Tuna	2
¼ vegetable	canned/water	2 tsp				¼ vegetable	canned/water	leaves
2 fat	Romaine	10				1 vegetable	Romaine	10
1 vegetable	lettuce	½ cup				1 fruit	lettuce	½ cup
1 fruit	Regular mayonnaise						Baby carrots	
	Baby carrots				6 oz		Fruits canned in juice	(no sugar added)
	Fruits canned in juice	3 oz		Dinner	1 cup			2 oz
1 meat & alternative	(no sugar added)	2/3 cup	2 meat & alternatives	Chicken breast roasted	1 Tbsp	1 meat & alternative		1½ cup
1½ grain product		1 tsp	1 vegetable	Lettuce		3 grain products	Dinner	1 cup
2 vegetable	Chicken breast	1 cup	3 fat	Olive oil		2 vegetables	Chicken breast roasted	1 cup
1 fat	roasted	1 cup				1 fat	Brown rice	1 cup
1 fat	Brown rice					2 vegetables	cooked	
2 vegetable	cooked				1 oz	2 vegetables	Broccoli boiled	
2 fruit	Broccoli boiled	1 cup			2	2 fruits	Olive oil	
	Becel margarine	2					Vegetable juice	1 cup
	Olive oil		2/3 milk product	Evening snack			Strawberries	2
1 milk product	Vegetable juice		1/3 grain product	Cheddar cheese		1 milk product		
½ grain product	Strawberries			Cracker, Saltine		½ grain product	Evening snack	
	Evening snack						Milk, skim	
	Milk, 1%						Social tea	
	Social tea						cookies	
	cookies							
Nutrients	Diet	Recommendation ‡	Nutrients	Diet	Recommendation‡	Nutrients	Diet	Recommendation‡

Calories, kcal	1223	1902	Calories, kcal	1236	1902	Calories, kcal	1243	1902
Carbohydrates, %	54	-	Carbohydrates, %	7	-	Carbohydrates, %	66	-
Proteins, % (g)	25 (81)	(70)	Proteins, % (g)	34	(70)	Proteins, % (g)	23	(70)
Fat, %	21	-	Fat, %	(104)	-	Fat, %	(78)	-
Saturated fat, %	4.9	-	Saturated fat, %	59	-	Saturated fat, %	11	-
Monounsaturated fat, %	8.6	-	Monounsaturated fat, %	21	-	Monounsaturated fat, %	2.1	-
Polyunsaturated fat, %	4.7	-	Polyunsaturated fat, %	32	-	Polyunsaturated fat, %	3.9	-
Cholesterol, mg	114	-	Cholesterol, mg	9	-	Cholesterol, mg	2.0	-
Dietary fibre, g	22	25	Dietary fibre, g	763	25	Dietary fibre, g	74	25
Calcium, mg	851	1000	Calcium, mg	3	1000	Calcium, mg	38	1000
Iron, mg	11.4	18	Iron, mg	295	18	Iron, mg	898	18
Vitamin C, mg	313	75	Vitamin C, mg	6.4	75	Vitamin C, mg	15.5	75
Folic acid, mcg	312	400	Folic acid, mcg	22	400	Folic acid, mcg	317	400
				183			342	

* Nutrient analyses conducted with The Food Processor SQL, *esha* RESEARCH, Salem, Oregon, using the 2001 Canadian Nutrient File.

† Based on minimum portions and portion sizes from Canada's Food Guide to Healthy Eating.

‡ Based on Dietary Reference Intakes; energy requirements calculated using the Harris-Benedict equation.