

The effect of elimination diet on weight and metabolic parameters of overweight or obese patients who have food intolerance

Authors: Meltem Yaman Onmus, Elif Cakirca Avcu, Ali Saklamaz

Institute: Sifa University, Faculty of Health Sciences, Nutrition and Dietetics, Izmir, Turkey

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QUESTION:

Can the elimination diet, based on IgG food intolerance results, help with weight loss in patients?

METHODOLOGY

82 patients (24 male, 58 female) were enrolled in the study. Their ages were between 18-65 years and they had a BMI ≥ 25 kg / m². The patients who couldn't lose weight by diet programs were randomized to FI (n= 42) or control (n= 40) groups. Special weight loss program to the control group and food intolerance elimination diet (FIED) to the FI group was given by a dietitian. Patients were monitored for compliance to the diet each month for 6 months. The IgG testing was performed with the York test. The patient's weight, body fat weight, lean body mass, body mass and index by bio-electrical impedance analysis were measured. Additionally, fasting blood glucose (FBG), A1c, total cholesterol, LDL-cholesterol, HDL-cholesterol and triglyceride levels were measured before and after the study. Members of the control group were given advisory services on a balanced diet containing foods according to the positive and negative test results (IgG). Calorie content of the diet of individuals in implementing the FIED group and the control group were similarly been set.

RESULTS

At the end of the study, the body weight of FI group decreased 86.60 ± 20.93 kg (BMI: 31.40 ± 4.68 kg/m²) to 77.99 ± 14.23 kg (BMI: 28.95 ± 4.23 kg/m²) ($p < 0.05$). In the control group, the body weight also decreased from 89.60 ± 17.69 kg (BMI: 33.09 ± 4.70 kg/m²) to 88.69 ± 18.44 kg (BMI: 32.44 ± 5.09 kg/m²). Body fat weight decreased in the FI group $32.22 \pm 8.18 - 27.00 \pm 8.27$ kg, and remained constant in the control group 36.18 ± 10.50 kg respectively ($p < 0.05$). While there was no difference in base-line values between the groups before the study, at the end of the study there were statistical differences in BMI, weights, body fat, weight, waist / hip ratio between the groups. A statistically significant decrease in triglyceride levels in the FI group was shown compared to the control group at the end of study ($p < 0.05$). The changes in FBG, A1C, total cholesterol, HDL-cholesterol, LDL-cholesterol, AST, ALT levels in the two groups were not statistically significant.

CONCLUSION

In this study, people who couldn't lose weight by low-calorie diet had lost weight and fat with the elimination diet according to the results of FI test. FIED is also significantly effective in triglyceride levels.

IMPORTANCE FOR IMUPRO

The study supports the findings which can be seen with ImuPro. In ImuPro, there is a higher rate in weight loss, approx.. 15-20 % from initial weight within 8-12 weeks, depending on the sex. This difference may be caused by the fact that ImuPro Complete tests for 270 foods, while the test used here - the York test - only tests for 113 foods, of which approx. 45 have been tested as pools.

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