

# 비만의 식사요법

## Dietetic Therapy for Obesity

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( 1 )

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### Abstract

Obesity is a chronic disorder that requires a life long effort for the successful treatment. Although various pharmacological and surgical treatments have been developed, a dietetic therapy is still the basic therapeutic tool for the management of obesity. This article briefly reviews the basic concepts, efficacy and side effects of the diet modalities that have been recently used in obesity treatment.

Keywords : **Obesity; Dietetic therapy**

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1.

250 kcal

1.

가

가

(Very - Low - Calorie Diet, VLCD)  
(Low - Calorie Diet, LCD)

(High Fat, Low Carbohydrate Diet)

가

(Low Calorie, Moderate Fat, Balanced Diet)  
(Very Low Fat Diet)

( 50 )

25:75

Codex (Codex Alimentarius(food code )

FDA WHO가

가

가

(Codex Alimentarius Commission)

]

400~450 kcal 800 kcal

가

(1~3).

1929

50

Evans Strang

1970

Blackburn Mclean Baird

가

(hydrolyzed collagen)

가

가

10

가

50

10

가

가

가

(

가 .

8~13%

(800~1,871 kcal/

15~50% day 1,200 kcal/day).

5~25%

(

) E, A, B6,

400~800 kcal

가

(2).

2

1 5 가 가

가가 (4). Atkin

가

가

가

50%

(6~9).

2.

DASH , USDA

NCEP 1 2

1. ,

가

Dr. Atkin's Diet

(5). Atkin 가 ,

3~12 8%

(?) 가

가

15%

14%,

(9).

18%

3.

Ornish, Nathan Pritikin

가

(4).

가

. Ornish

Pritikin

가

가

가

가

E, B12

15%

(10, 11).

50%

가

가

. Ayyad

1931 ~ 1999

가

(3 )

4 ~ 28 kg(

11 kg)

9 ~ 11 kg

가

☺

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