

비만의 식사요법

Dietetic Therapy for Obesity

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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

가 .

8~13%

(800~1,871 kcal/day

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

5~25%

(

E, A, B6,

400~800 kcal

가

(2).

2

1 5 가 가

가가 (4).

가

Atkin

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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