Introduction: To evaluate the treatment of obesity it is necessary to understand the weight changes, to improve intervention strategies. Objective: To assess the progression of weight and body parameters in overweight women along a diet therapy.

Methods: 163 women participated in this study. They were evaluated for weight, circumferences (waist and hip), and body composition (lean mass and body fat) along the three treatment phases.

Results and Discussion: The weight loss percentage was higher in the first treatment phase than in the second one (-6.8 ± 4.8% vs. -4.0 ± 2.7%, p < 0.0001). In the two first phases the circumferences and the lean mass decreased among women with weight loss. Body fat reduction occurred (-2.6%) during the first phase only.

Conclusion: Weight loss and reduction in body parameters occurred mainly in the first treatment phase, showing that it is necessary to rethink intervention strategies. (Nutr Hosp. 2014;29:526-530) DOI:10.3305/NH.2014.29.3.7193

Keywords