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Energy restriction dieting and weight loss: Comparing Intermittent energy restriction versus and normal weight subject, review of evidence

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Statement of the Problem: The problem of obesity is a global health concern. Intermittent energy restriction (IER) is a dietary approach that has been shown to be effective for weight loss. However, the evidence for IER compared to normal weight subjects is limited. This review aims to compare the effectiveness of IER versus normal weight subjects in terms of weight loss and metabolic health.

Methodology & Theoretical Orientation: This review is based on a search of the literature for studies comparing IER to normal weight subjects. The search was conducted using the following keywords: "intermittent energy restriction", "weight loss", "normal weight subjects", "metabolic health", and "dietary restriction". The search was limited to English language articles published between 2010 and 2022. The theoretical orientation of this review is based on the concept of energy balance, which states that weight loss occurs when energy expenditure exceeds energy intake.

Finding: The findings of this review suggest that IER is more effective than normal weight subjects for weight loss. Studies have shown that IER leads to greater weight loss and improvements in metabolic health compared to normal weight subjects. However, the evidence for IER compared to normal weight subjects is limited, and further research is needed to confirm these findings.

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