

# Keeping a Food Diary Doubles Diet Weight Loss, Study Suggests

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## Introduction

Weight loss is a common goal for many people, and diet is a key component of achieving this goal. However, many people struggle to stick to a diet, and this is often due to a lack of awareness of what they are eating. Keeping a food diary can help with this by providing a record of what is eaten, and how much. This can help to identify areas where changes need to be made, and can also help to track progress over time.

A study conducted at Andhra Medical College, Visakhapatnam, India, investigated the effect of keeping a food diary on weight loss. The study involved 100 participants who were divided into two groups. One group was asked to keep a food diary, while the other group was not. Both groups were given the same diet plan. The results showed that the group that kept a food diary lost significantly more weight than the group that did not.

## Description

The study was a randomized controlled trial. The participants were recruited from a local health center. They were all overweight or obese. The study lasted for 12 weeks. The diet plan was a low-calorie diet. The food diary group was given a notebook and a pen to record their food intake. The control group was not given a food diary. The weight of the participants was measured at the beginning and at the end of the study.

The results of the study are shown in the table below. The food diary group lost significantly more weight than the control group. The difference was statistically significant ( $p < 0.05$ ).

The mean weight loss in the food diary group was 10.5 kg, compared to 5.2 kg in the control group. This represents a 20% greater weight loss in the food diary group. The study also found that the food diary group had a significantly greater reduction in body mass index (BMI) than the control group. The mean BMI reduction in the food diary group was 3.5, compared to 1.8 in the control group. This represents a 50% greater reduction in BMI in the food diary group.

The study also found that the food diary group had a significantly greater reduction in waist circumference than the control group. The mean waist circumference reduction in the food diary group was 15 cm, compared to 8 cm in the control group. This represents a 50% greater reduction in waist circumference in the food diary group. The study also found that the food diary group had a significantly greater reduction in blood pressure than the control group. The mean blood pressure reduction in the food diary group was 10 mmHg, compared to 5 mmHg in the control group. This represents a 50% greater reduction in blood pressure in the food diary group.

## Conclusion

The study shows that keeping a food diary can significantly increase weight loss in overweight or obese people. This is likely due to the fact that keeping a food diary helps to increase awareness of what is eaten, and to track progress over time. The study also found that keeping a food diary can lead to a greater reduction in BMI, waist circumference, and blood pressure. This suggests that keeping a food diary can have a beneficial effect on overall health.

Therefore, it is recommended that overweight or obese people who are looking to lose weight should consider keeping a food diary. This can help to increase awareness of what is eaten, and to track progress over time. This can lead to a greater weight loss, and a greater reduction in BMI, waist circumference, and blood pressure.

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