



## High Protein, Low GI Diet Best for Weight Loss

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ROSEMONT, Ill.—A higher-protein diet paired with lower intake of refined starches like white bread or other high-glycemic index (GI) foods can provide an effective approach to prevent weight regain following weight loss, according to a new study published in the [New England Journal of Medicine](#).

Eight European research centers collaborated on the study called "Diogenes" (Diet, Obesity and Genes), which investigated the effectiveness of diets varying in protein content and glycemic index on preventing weight regain following a period of weight loss.

A total of 772 European families participated, comprising 938 adults and 827 children, participated in the study. The overweight and obese adults initially underwent an eight-week weight loss phase where they consumed a low-calorie diet. Following successful weight loss (8 percent of their original body weight), participants were randomly assigned to one of five different diets in which there were no restrictions on calorie intake, but they had to choose from foods that fit one of these five profiles—low protein/low GI, low protein/high GI, high protein/low GI, high protein/high GI, or a control diet which followed the dietary guidelines in their respective country. A total of 548 participants completed the six-month diet intervention. The results showed that a diet consisting of a higher protein content and low-glycemic index foods helped ensure overweight people who lost weight were better able to maintain their weight loss.

The diet specifically limits the amount of refined starch, such as white rice and white bread, that people eat, while allowing them to eat their fill of unrefined alternatives. The researchers suggest people who want to lose weight should maintain a diet that was high in protein, with more lean meat, low-fat dairy products and beans.

Sources:

New England Journal of Medicine: [Diets with High or Low Protein Content and Glycemic Index for Weight-Loss Maintenance](#)

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