



## ONLINE ABSTRACT SUBMISSION FOR ICO2014

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## Abstract Title (max 200 char):

The Efficacy And Safety Of 12 Weeks Weight Reduction Group Program Using Rice-based Vs. Regular Low Calorie Diet In Obese Taiwanese -A Randomized Controlled Trial

## Abstract text (max 1500 char):

Background: Rice is the major calorie source in Asia. The role of rice in weight reduction program is controversial. Aims: We aimed to investigate the efficacy and safety between rice-based low calorie diet (study group) vs. regular low-calorie diet (control group) in obese Taiwanese. Key Methods: 81 participants, aged 20-64 years old, with BMI  $\geq 30$  kg/m<sup>2</sup> were randomized to two groups for body weight reduction group program for 12 weeks. Anthropometric and metabolic parameters were measured. Results: The intention-to-treat analysis revealed that the change in body weight, BMI and waist circumference over the 12 week treatment period was --3.8 kg, -1.4 kg/m<sup>2</sup> and -4.2 cm in the rice-based group and --3.4 kg, -1.2 kg/m<sup>2</sup> and -3.0 cm in the control group (all p values <0.05, compared to baseline; not significant between two groups). The blood pressure, triglycerides, liver function (GOT and GPT), and blood glucose were statistically improved from baseline but not between the two groups. The incidence of adverse events did not differ significantly between the groups and no serious adverse events were reported in either group. Conclusions: Both the rice-based and regular low-calorie diet groups can effectively and safely reduce body weight and improve metabolic factors and blood pressure in 12 weeks in obese Taiwanese participants. Rice-based low calorie diet may be one of appropriate weight reduction programs for Asian.

## References

## Attachments

## Track &amp; Session Selection

41 Track 5: Lifestyle changing and maintaining

## Presentation:

Poster

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