In conclusion, a higher protein level allows a better conservation of the lean body mass. Energy restriction must be applied more strictly in females than in males in order to induce and maintain weight loss. Energy restriction must be applied 21 to 26 weeks for the DP diet and 24 weeks for the HP diet, respectively. For both diets, the proportion of lean tissue in total weight loss was 36% and 30% for the HP and DP diets, respectively. Larger weight and optimal body condition were reached within 12 to 14 weeks for the HP diet and 20 weeks for the DP diet. These levels of restriction led to a weekly rate of weight loss of 2% for the HP diet and 2.4% for the DP diet. Weekly energy allowances were thus gradually decreased to reach 65% MEB for males and 45% MEB for females in order to reach the last goal.

A moderate energy level—80% of the maintenance energy requirement (MER) for normal BW—was used in males and females. Body condition was determined using the BW ratio of BW/BP group. The DP diet was allocated to 2 groups consisting of at least 70% excess body weight (BW). The groups were allocated to 2 groups consisting of 70% excess body weight (BW). The study compared a high protein, low carbohydrate diet (HCP) with a low protein, high carbohydrate diet (LCP). The study compared a high protein, low carbohydrate diet (HCP) with a low protein, high carbohydrate diet (LCP). The study compared a high protein, low carbohydrate diet (HCP) with a low protein, high carbohydrate diet (LCP). The study compared a high protein, low carbohydrate diet (HCP) with a low protein, high carbohydrate diet (LCP). The study compared a high protein, low carbohydrate diet (HCP) with a low protein, high carbohydrate diet (LCP). The study compared a high protein, low carbohydrate diet (HCP) with a low protein, high carbohydrate diet (LCP). The study compared a high protein, low carbohydrate diet (HCP) with a low protein, high carbohydrate diet (LCP).