

Assessment of satiety and compliance to high protein diets designed for a weight loss regimen

RITTU DHIR, KIRAN BAINS AND J.K. BRAR

Protein in the diet is a strong determinant of satiety. The study was conducted on 61 adult women to determine the role of high protein diet in imparting satiety in a weight reducing regimen of three months period. The high protein (HP) diets were more satiety providing as compared to normal protein (NP) diets with average score ranged between 5-7. A significantly ($p = 0.05$) higher compliance was observed in high protein and exercise (HP+E). The study concluded that group when compared to HP group for breakfast, mid morning and evening tea while compliance for early morning and dinner was significantly ($p = 0.05$) higher in HP group. NP group had significantly ($p = 0.05$) lower compliance for four meals *i.e.* early morning, breakfast, mid morning and post dinner as compared to HP and HP+E group. The study concluded that the satiety scores and compliance of designed high protein diets were higher than the normal protein diet for most of the meals. Therefore, high protein hypocaloric diet is a better approach in weight loss regimen as it imparts more satiety and has better compliance.

Key Words : High protein diets, Satiety, Normal protein diet, Hypocaloric diet, Dietary compliance

How to cite this article : Dhir, Rittu, Bains, Kiran and Brar, J.K. (2013). Assessment of satiety and compliance to high protein diets designed for a weight loss regimen. *Food Sci. Res. J.*, 4(2): 153-157.

MEMBERS OF RESEARCH FORUM

Author for correspondence :

KIRAN BAINS, Department of Food and Nutrition, College of Home Science, Punjab Agricultural University, LUDHIANA (PUNJAB) INDIA
Email: kiranbains68@hotmail.com

Associate Authors' :

RITTU DHIR AND J.K. BRAR, Department of Food and Nutrition, College of Home Science, Punjab Agricultural University, LUDHIANA (PUNJAB) INDIA