

**THE CLINICAL, BIOCHEMICAL AND THERAPEUTIC EFFECT
OF LOW CALORI DIETS (1500 KCALS/DAY) IN IDEAL
BODY WEIGHT DIABETICS**

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Fourteen ideal body weight diabetics (Body Mass Index: 22.5 ± 2.0 kg/M²; % age body weight: $98.0 \pm 2.0\%$) Who were uncontrolled (FBG: 166 ± 67 mg%; HBAI: $11.2 \pm 2.5\%$) On the recommended daily allowances for energy (2300 ± 100 kcals/day; CHO: 310 ± 100 G; Protein: 75 ± 15 G and Fat: 72.5 ± 20 G) \pm hypoglycemic agents were treated with low calorie diets (1525 ± 125 kcals/day; CHO: 200 ± 25 G; Protein: 70 ± 10 G and Fat: 35 ± 5 G) as a therapeutic option to a more severe form of therapy, such as, the initiation of insulin treatment or the administration of an increase in the number or dosage of medications. The patients were classified as complaint or non-complaint depending upon their adherence to the dietary regimen over a period of one year. The results are discussed as under:

Complaint patients (n = 8) showed an improvement in glyceimic control with maintenance of body weight (Table 1) without clinical or biochemical evidence of malnutrition. These benefits were accompanied by a reduction in the dosage of hypoglycemic agents by 47%, suggesting an increased sensitivity to insulin while on low calorie diets.

Table 1: Body Weight and Glycemic Control on Low Calori Diets in IBW Diabetics (Complaint).

Time in months	0	3	6	12
Caloric intake	2300 ± 100	1525 ± 150	1400 ± 150	1525 ± 200
Body weight (kg)	61.5 ± 9.5	61.0 ± 10	61.5 ± 10	66.0 ± 10
Fasting BG (MG%)	146 ± 55	89 ± 8.0	95 ± 15	110 ± 15
GlycoHB A1 (%)	11.0 ± 2.0	9 ± 0.5	8.5 ± 1.5	8.0 ± 1.5

Non complaint patients (n=6) did not show any improvement in their glyceimic control, body weight or drug dosage during the period of follow-up.