

BEEF WISE STUDY: BEEF'S ROLE IN WEIGHT IMPROVEMENT, SATISFACTION AND ENERGY

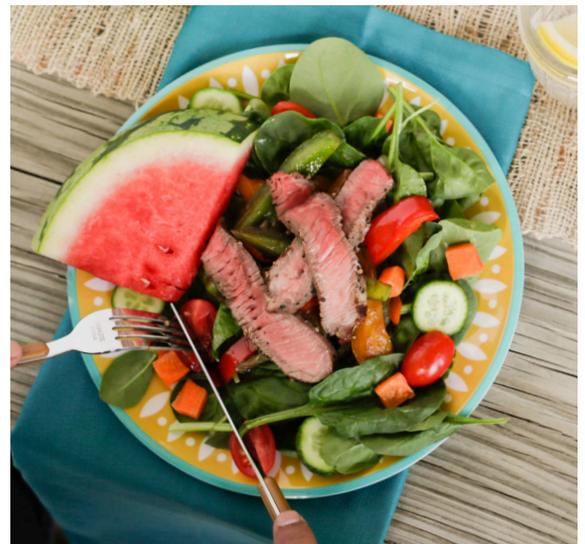
Equivalent reductions in body weight during the Beef WISE Study
Sayer et al. Obesity Science & Practice, 2017- Vol 3

OBJECTIVE

To determine the impact of consuming lean beef as part of a high protein (HP) weight-reducing diet on changes in body weight, body composition, and cardiometabolic health.

STUDY DESIGN AND SETTING

A 16-week randomized, equivalence trial. Subjects were randomly assigned to consume either a HP diet with ≥ 4 weekly servings of lean beef (B) or a HP diet restricted in all red meats (NB).



PARTICIPANTS

Overweight or obese (BMI ≥ 27.0 kg/m²) men and women (18-50 yrs.) were recruited.

Additional inclusion criteria:

- Weight stable (± 3 kg in previous 3 months)
- Able to progress to 70 min per day of moderate intensity exercise

Exclusion criteria:

- Pregnant or trying to become pregnant
- Diabetes
- LDL cholesterol > 160 mg/dL
- Triglycerides > 400 mg/dL
- Untreated or unstable hypothyroidism
- Medication use that could cause weight loss or gain
- Vegetarian or vegan
- Current eating disorder

RESULTS

- Body weight was reduced by $7.8 \pm 5.9\%$ in B and $7.7 \pm 5.5\%$ in NB.
- Fat mass was reduced in both groups (B: 8.0 ± 0.6 kg, NB: 8.6 ± 0.6 kg).
- Lean mass was not reduced in either group.
- Improvements in markers of cardiometabolic health (total cholesterol, low-density lipoprotein cholesterol, triglycerides, blood pressure) were not different between B and NB.

CONCLUSIONS

- Consuming lean beef within the context of a HP weight-reducing diet resulted in equivalent reductions in body weight and no difference in improvements of body composition and cardiometabolic health compared to a HP that was restricted in red meats.
- Results of the study demonstrate that HP diets, either rich or restricted in red meat intakes, are effective for decreasing body weight (especially body fat) and improving cardiometabolic health.