

COMPARISON BETWEEN THE MEDITERRANEAN DIET, THE ZONE DIET AND TISANOREICA REGARDING LIVER AND RENAL FUNCTION AND LIPID PROFILE

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Introduction

The aim of this work was that of testing how each of these three types of diet constituted a different approach to eating and how they influenced anthropometric and metabolic parameters.

Materials and Methods

The study involved the recruitment of 60 subjects, 44 of whom completed the experiment. Each subject recruited was randomly assigned to one of the 3 groups representing the diets: Mediterranean (MED), zone diet (ZON) and Tisanoreica (TIS). Anthropometric, haematochemical and urine tests were conducted every 20 days.

Results

As far as weight reduction is concerned, TIS showed a significant average of 8.08 kg, in comparison to the 5.75 kg of ZON and the 3.03 kg of MED. With regard to the fat mass, the reduction was of 2.04 kg with MED, 3.34 with ZON and 4.86 with TIS, with a significant difference between TIS on the one hand and ZON and MED on the other. The percentage of fat mass lost with TIS is 22.08%, with ZON, it was 15.55% and with MED, 8.63%. Concerning haematochemical factors, there are no significant differences in creatinine levels, uric acid and urea. In connection with metabolism, it was observed that there was a significant reduction of the QR in the TIS group in comparison to the MED group.

Conclusions

The data confirm the findings of other authors about the efficacy of the ketogenic diet in weight reduction, in improving the lipid profile and in the harmlessness of the diet in liver and kidney function. Besides, the use of supplements which simulate both the appearance and the taste of carbohydrates as well as the phytoextracts which mitigate the side-effects of ketosis makes for increased compliance in patients, thus reducing the drop-out rate.