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Three-Year Weight Change In Successful Weight Losers Who ... Atkins' Diet; South Beach Diet; "low Carb" Diet) Were Com Pared With All Other Participants Who Enrolled In The Regis

Try During The Same Time Period (i.e., After 1998). To Be Coded As Having Followed A Low-carbohydrate Diet, Partici Pant 2th, 2024Dietary Protein, Weight Loss, And Weight MaintenanceRelatively High-protein Diets For Weight Loss And Weight Maintenance Thereafter Consist Of At Least 25% To 30% Of En-ergy From Protein; Thus, Normal Protein Intake Remains As It Was Before The Diet While Total Energy Intake Is Decreased (see Table 1). Such Diets Are Relatively High In 2th, 2024Weight The Science Behind Weight Loss Diets May Not Actually Contain An Increase In The Amount Of Protein In Grams. Although High Protein Diets (particularly Those High In Meat) Have Been Shown To Increase Calcium Loss, High Protein Diets Have Been Shown To Reduce The Risk Of Fract 2th, 2024.

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