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The Diet in Weight Loss in Obese Children

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Introduction: Obesity in children is a chronic pathology that is defined as excess fat "in an amount that is hazardous to health". In recent decades it has been seen a worrying rise in obesity among both adults and the children in, and the morbidity and mortality associated with obesity has reached alarming levels. Complications and comorbidities which confirmed obesity as a metabolic disease chronic are: metabolic complications (insulin resistance, dyslipidemia, hyperglycemia, metabolic syndrome), cardiovascular disease (atherosclerosis, coronary heart disease, thromboembolism), digestive complications (gallstones, fatty liver), orthopedic disorders and psychological consequences.

The aim of this study is assessing the effectiveness of the diet for weight loss in children.

Material and Methods: The study included 100 obese children, aged 6-18 years (mean age: 12.47 ± 2.458) with BMI > 95th percentile, ratio girls: boys was 1: 2. The children were divided into 2 groups. The first one the children that respected a diet with low calories intake and the second group the children that avoided the consumption of dairy and wheat products. The children were followed during 6 months.

Results: The first month the weight loss of the first group was ~3,5% of the initial weight. The second group the weight loss was ~4,5% of the initial weight. The next 5 months we observed that the children that avoided dairy and wheat products continued to lose weight and improve their general state, comparative with the children that consuming low calories diet, most of them abandoned the diet.

Conclusion: The diet, consisting of avoiding dairy and wheat products, offers good results and lasting effect.