Weight Loss Programs												
Meets ADA nutrition guiding principles for weight management												
Nutrient-dense foods (fruits, vegetables,		Minimum 14g of	Low in saturated fat						Minimum			
legumes, dairy, lean protein (including plant-based and		liber ber 1,000	and moderate sodium		Nutrition guidelines	Lifestyle &	Encourages		sustained weight loss 3-	Moderate		Recommends
	% of calories from	grain	consumption of		have energy deficit	behavior	_	Iniciaacs				ongoing
· ·	,	'	2300 mg per			_	activity (150-	/		10% of baseline	,	monitoring of
grains	less than 45%	whole grains	day or less	Individualized	kcal)	strategies	300 mins/wk)	coaching	completion	in 6 months	contact	body weight
У	У	У	У	У	У	У	У	У	У	У	У	У