

What is the optimal proportion of dietary fat, carbohydrate and protein to avoid regain in weight-reduced persons? (DGAC 2010)

Conclusion

A moderate body of evidence provides no data to suggest that any one macronutrient is more effective than any other for avoiding weight re-gain in weight reduced persons.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the optimal proportion of dietary fat, CHO and protein to avoid regain in weight-reduced persons?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the relationship between macronutrient proportion and body weight in adults?](#)