

以商業減重代餐輔助減重計畫之成效評估

Evaluation of Commercial Packages on the Effectiveness of Weight Loss

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摘要

本研究目的為探討兩種商業減重代餐的應用在減重計畫上，對肥胖個案之體重控制、體組成、及血脂質的短期變化。實驗 A 組使用 A 公司所提供之減重代餐，實驗 B 組使用 B 公司的減重代餐，皆取代兩次正餐並控制總熱量攝取在 1200 大卡以內，為期六週。A 組共 30 名(男 5，女 25) 完成課程，平均年齡 35 ± 8.9 ，減重前體重和 BMI 分別為 75.9 ± 7.67 公斤和 29.2 ± 2.65 公斤/(公尺)²，平均每週減輕 0.68 公斤。B 組共 30 名(男 8，女 22)完成課程，平均年齡 39 ± 9.6 ，減重前體重和 BMI 分別為 87.3 ± 12.37 公斤和 32.7 ± 4.19 公斤/(公尺)²，平均每週體重減輕 0.68 公斤($p < 0.05$)和 BMI 減輕 0.5 公斤/(公尺)²。使用減重代餐六週後，兩組腰圍和臀圍有顯著下降($p < 0.05$)，腰圍臀圍比值和體脂肪百分比在 B 組有顯著差異($p < 0.05$)，三頭肌皮層厚度在兩組稍有減少但無統計上意義。血脂質方面，兩組減重後之血膽固醇及低密度脂蛋白膽固醇有顯著下降($p < 0.05$)，三酸甘油酯濃度則在 A 組有明顯改善($p < 0.05$)。在使用減重代餐期間，個案無任何不良副作用發生。因此，使用減重代餐於減重計畫中，對於減重有非常好的成效。

Abstract

The purpose of this study was to assess the effect of commercially packaged interventions on weight control, body composition and blood lipid profiles. One group used commercial package provided by company A (group A), while the other used the package provided by company B (group B). Commercial packages of both groups were used to replace two meals, and total energy intake was 1200 kcal/day for 6 weeks. Group A ($n = 30$, male = 5; female = 25) and group B ($n = 30$, male = 8; female = 22) were aged 35 ± 8.9 and 39 ± 9.6 years, with body weights of 75.9 ± 7.67 and 87.3 ± 12.37 kg, and a BMI of 29.2 ± 2.65 and 32.7 ± 4.19 kg/m², respectively. The average weight loss in both groups was 0.68 kg/week. After 6 weeks, waist and hip measurements had significantly decreased ($p < 0.05$), and the waist-hip ration and body fat percentage showed significant differences in group B ($p < 0.05$); triceps skinfold thickness had mildly be-creased in both groups, but there were no significant differences; and serum total cholesterol, triglycerides, LDL, and HDL concentrations had significantly decreased in both groups ($p < 0.05$). For the duration of using these commercial packages, no subjects had any side effects. Therefore, subjects experienced effective weight loss after using the commercial packages in these programs.