

## **Lower hunger and desire to eat during 12 weeks on a modified Weight Watchers diet with special emphasis on low-glycemic index foods**

F Bellisle<sup>1</sup>, AM Dalix<sup>1</sup>, MA De Assis<sup>2</sup>, E Kupek<sup>2</sup>, JM Oppert<sup>1</sup>, A Basdevant<sup>1</sup> and U Gerwig<sup>3</sup>

Nutrition, Hotel-Dieu, Paris, France<sup>1</sup>; Universidade Federal Santa Catarina, Brazil <sup>2</sup> ; Weight Watchers International, Germany<sup>3</sup>

### **Introduction**

Low glycemic diets may enhance satiety and facilitate compliance on a weight loss diet. Hunger and desire to eat sensations were compared in two 12-weeks weight loss programs: the Weight Watchers *POINTS*® Weight-Loss System versus the same diet modified to encourage the selection of low-glycemic index high-carbohydrate foods.

### **Participants and methods**

Sixty-five women were recruited as they started the Weight Watchers program. One group (n=30) followed the regular program for 12 weeks. The other group (n=35) followed a revised program, with special emphasis on low-glycemic index foods. Participants rated hunger and desire to eat using visual analogue scales on one day per week, several times a day: before and after each meal or snack, and during intermeal intervals.

### **Results**

Ratings revealed a consistently lower intensity of hunger and desire to eat in the low glycemic index group. Differences were particularly large in the afternoon hours. At the end of the 12-week programs, the low glycemic index was found easier to follow. These differences in subjective sensations were not associated with objective differences in weight loss or attrition rates.

### **Conclusion**

This study is the first follow-up of subjective feelings of hunger and desire to eat over the course of a weight loss program. The subjective benefits of the low glycemic index diet may be a worthwhile contribution to the motivation of dieters, even though they did not predict improvement in objective outcome measures.

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