 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Weight loss: Calorie restriction with/without time-restricted eating

This is a randomised trial of calorie restriction with and without time-restricted eating (could only eat between 0800 and 1600 hrs) in otherwise healthy Chinese patients with an average BMI of 31.3.¹

The time-restricted group lost 8 kg while the calorie restriction group lost 6.3 kg at 12 months. There was no statistical difference between the groups.

An accompanying editorial suggested this is not the last word on this issue as other work has shown significant benefit in patients with metabolic syndrome.

The participants also had rigorous supervision leaving open the question that if people were “free-range,” they may do even better in the time-restricted group.

Reference:

1. Calorie Restriction with or without Time-Restricted Eating in Weight Loss. N Engl J Med. (2022) [View](#)




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