

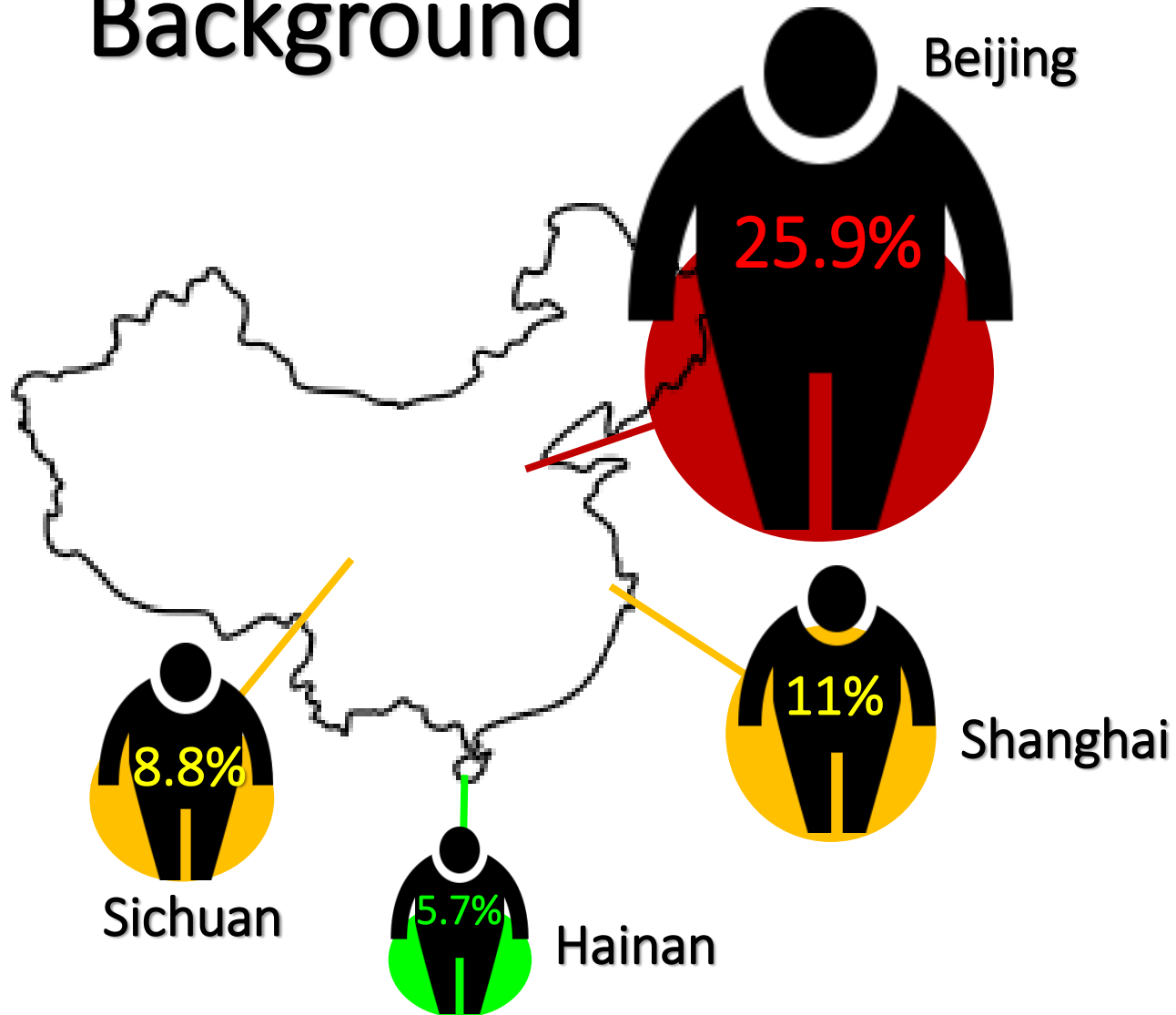
3-Day Light Meal to Improve Health Status

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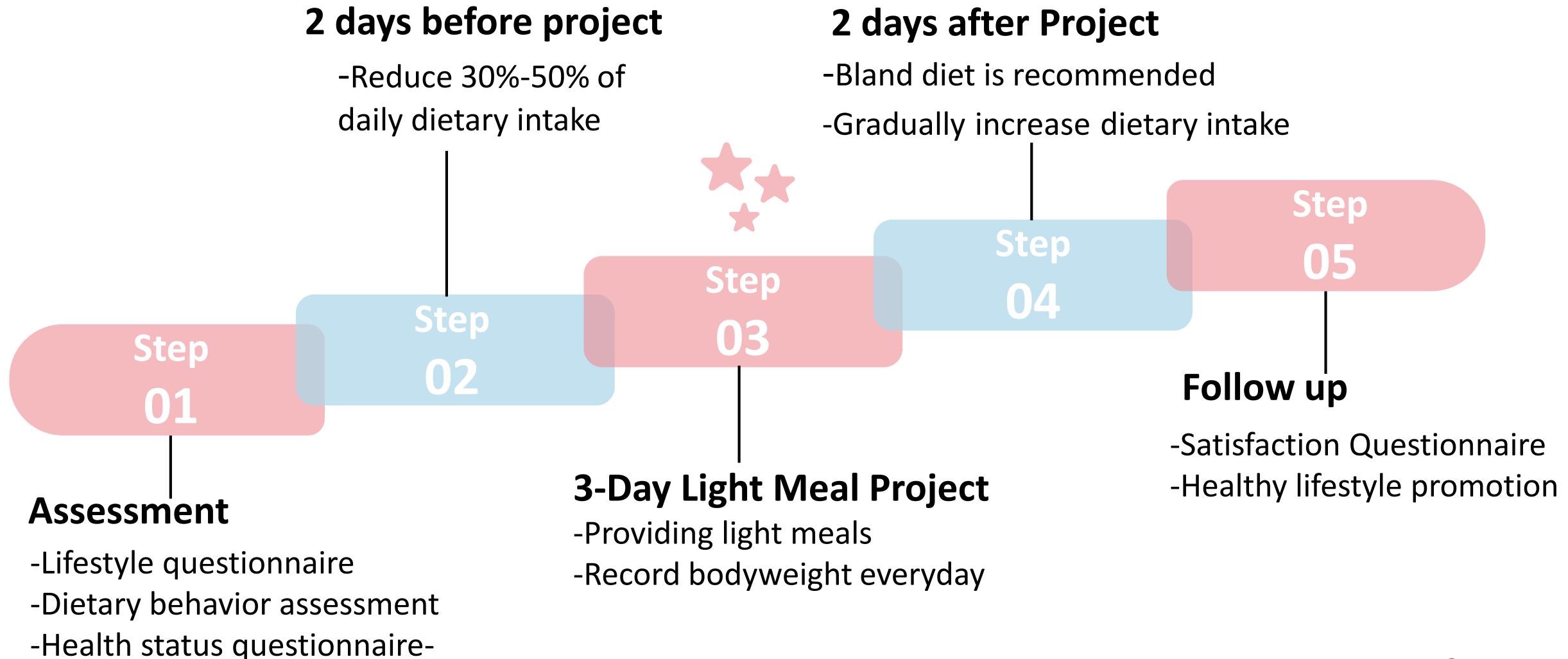
Background



Obesity rate in China (2021)

- More than 50% of Chinese are overweight
- Overweight and obesity rate are higher in northern part of China.
 - People in northern China like to take meat rather than vegetables.
 - Unhealthy lifestyle, such as drinking alcohol, less exercise, prefer salty and oily food.

3-Day Light Meal Project



The 3-day light meal



- 6 meals per day, including 5 liquid meals and 1 soft-diet
- High fiber, low calorie($\approx 30\text{g}$ fiber/day, $\approx 800\text{Kcal/day}$)
- Provide more than 60 different ingredients during these 3-day light meal project.



7AM



10Am



12AM



3PM



6PM



9PM

Recipes

	Meal	Ingredients
Day 1	Very grain smoothie	Organic whole grain powder 1 pack, skim milk 200 ml, red date 10g, white radish* 80g, jelly ear fungus* 50g, flax seed 3g
	ACT juice	Apple 50g, carrot 50g, tomato 70g, psyllium husk powder 6g, lemon juice 1 teaspoon
	Brown rice porridge with chicken#	Brown rice 20g, corn kernel 30g, yam 55g, chicken breast, 35g, onion 10g, green vegetable 90g
	Honey lemonade	Lemon juice 4ml, honey 2 teaspoon, psyllium husk powder 3g, chia seed 1 teaspoon, cinnamon powder 0.5g, lettuce* 40g
	Green smoothie	Cabbage* 50g, apple 50g, broccoli* 40g, sugar free yogurt 100g, mixed nuts 10g, probiotics supplement 2 sticks
	Banana milk	Banana 40g, skim milk 200ml, flax seed 3g, black sesame powder 1 teaspoon

*All vegetables need to be boiled before it blended.

#Porridge is cooked with fat free chicken soup. Seasoning with salt and pepper powder.

Recipes

	Meal	Ingredients
Day 2	Power black smoothie	Lettuce* 50g, Black soybean milk 200ml, jelly ear fungus* 30g, apple 50g, lemon juice 3ml
	Shinning Pearl	Dragon fruit 100g, blue berry 30g, honeydew 40g, purple cabbage* 50g, cucumber 20g, flax seed 3g, water 100ml
	Oatmeal	Brown rice and oat 50g, yam 50g, egg 1, mushroom 40g, green vegetable 60g
	Passionate smoothie	1 passion fruit, onion* 20g, Broccoli* 50g, psyllium husk powder 6g, honey 1 teaspoon, warm water 200ml
	Immune booster	Tomato 50g, apple 100g, carrot 50g, garlic 1g, green vegetable* 50g, skim milk 200ml
	Perfect celery smoothie	Celery 20g, cucumber 50g, grape 80g, spoon cabbage* 30g, red and yellow bell pepper* 40g, avocado 40g, probiotics supplement 2 sticks

*All vegetables need to be boiled before it blended.

#Porridge is cooked with fat free chicken soup. Seasoning with salt and pepper powder.

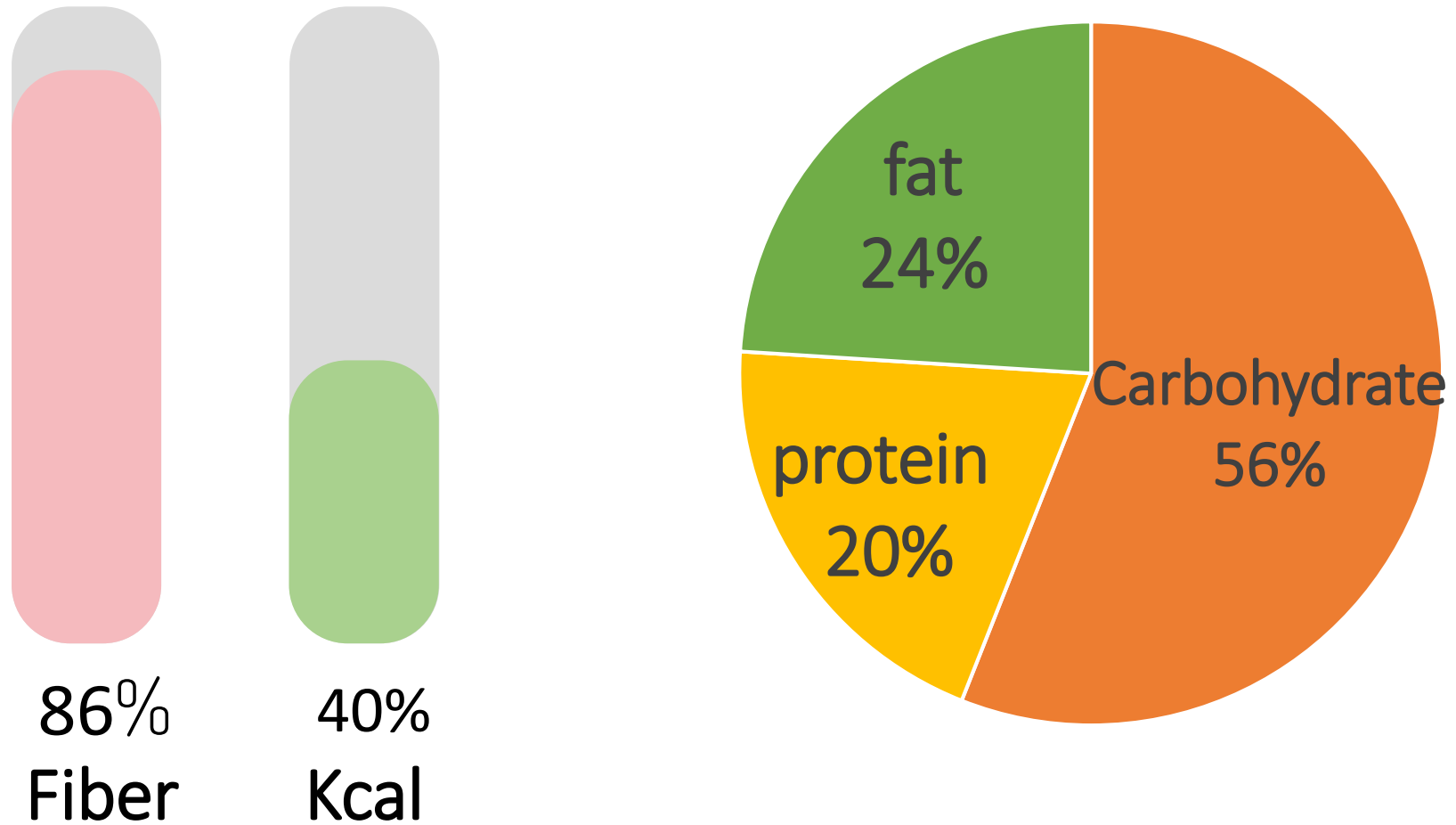
Recipes

	Meal	Ingredients
Day 3	Warm your heart smoothie	Organic whole grain powder 15g, apple 50g, red date 10g, black sesame powder 1 teaspoon, warm water 100ml
	Refreshing smoothie	Kale* 50g, 1 kiwi, almond 15g, probiotics supplement 2 sticks, flax seed 3g, warm water 120ml
	Yummy seaweed porridge	Barley 10g, brown rice 20g, sea weed(dried) 3g, shrimp 50g, cabbage 100g
	Grape time smoothie	Grape 50g, orange 50g, wolf berry 0.5g, celery 20g, Tremella* 30g, purple cabbage 50g, lemon juice 2ml, ginger 1g, warm water 150ml
	Banana king	Banana 30g, apple 50g, Japanese mustard spinach* 50g, Chinese cabbage* 50g, sugar free yogurt 100g, flax seed 3g, warm water 100ml
	Go potato smoothie	Purple sweet potato/pumpkin 25g, skim milk 200ml, cashew nut 7g, eggplant* 60g, warm water 50ml

*All vegetables need to be boiled before it blended.

#Porridge is cooked with fat free chicken soup. Seasoning with salt and pepper powder.

Macronutrient distribution of 3-day light meal



*Based on a 2000 calorie diet and 35 grams of fiber recommendation.

RESULT

Table 1. Effect of 3-day light meal project

Sex	Female(n=41)	Male(n=14)	All(n=55)
Age(yrs)	48.9±13.0	52.7±13.7	49.8±13.2
BW(kg)--Before	63.5±8.7	83.4±8.8	68.56±12.4
BW(kg)--After	62.4±8.6	81.4±8.4	67.22±12.0
Wt loss(%)	1.7 (+0.2% to -4.3%)	2.4 (-0.3% to -3.8%)	2.0 (+0.2% to -4.3%)

There were 60 people participated the 3-day light meal project, 4 people withdrew by themselves, and 1 was interrupted because of dizziness. Finally, 55 people finished the project. During or after the 3-day light meal project, 53 participants got weight reduction (-0.3% to -4.3%).

RESULT

Table 2. The weight loss percentage by sex

Wt loss(%)	Female N=41	Male N=14	All N=55
≤ 0	2 (4.9%)	0	2 (3.6%)
0.3~1.9	23(56.1%)	3(21.4%)	26 (47.2%)
2~2.9	12(30.2%)	8(57.1%)	20 (36.4%)
≥ 3	4 (9.8%)	3(21.4%)	7 (12.7%)

Conclusions

- The 3-day light meal project had immediate effect on weight reduction.
- It is also helpful for people with constipation and sleeping problem.
- Healthy diet could improve health status.
- Empower the confidence in doing healthy dietary habit

However, we still need more evidence to detect the intermittent or long-term effect of the 3-day light meal project.

Thank you for your attention