

# 低碳水化合物與低脂肪飲食對體重控制之成效-系統文獻回顧研究之評論研究

李玲玲、楊文吟

## 摘要

體重過重與肥胖為全球重要健康議題，台灣近半之成人有體重過重或肥胖情形。以系統文獻回顧研究之評論研究比較低碳水化合物與低脂肪飲食對體重過重或肥胖成人之體重控制成效。文獻以中英文關鍵字搜尋各主要資料庫，採 ROBIS 進行文獻評讀。總計搜尋 576 篇文獻，刪除非系統文獻回顧研究、重複文章、非典型 SR 與不相關文章、檢視全文刪除等，納入三篇系統文獻回顧研究。低碳水化合物與低脂肪飲食皆能有效降低肥胖者體重，低碳水化合物飲食可額外降低體重 1 至 2 公斤，持續約 16 週或可產生初步成效。

關鍵字：身體質量指數、低碳水化合物飲食、低脂肪飲食、肥胖、體重過重

# The effect of low-carbohydrate and low-fat diet on weight control - an overview of systematic reviews

Ling-Ling Lee · Wen-Yin Yang

## Abstract

Overweight and obesity are well-known as an important global health issues, and nearly half of the adults in Taiwan are overweight or obese (47.9%). This study aimed to systematically reviews all systematic reviews that compared low-carbohydrate and low-fat diets for the effect of weight control among overweight or obese adults. Literatures were searched using both Chinese and English keywords from major databases. The ROBIS – a critical appraisal tool for systematic review was used. A total of 576 articles were searched, non-systematic review, duplicate articles, atypical SR and irrelevant articles were omitted. Three systematic reviews of randomised controlled trials were included in the current study. We found that both low-carbohydrate and low-fat diets were effective in reducing body weight among overweight or obesity adults. A low-carbohydrate diet resulted in an additional 1 to 2 kg of weight loss from a lower-fat diet. These two diets lasted for 16 weeks could produce initial weight-control results.

Key words: Body mass index, Low-carbohydrate diet, Low-fat diet, Obesity, Overweight