

Title (en)

DIETARY FOOD ITEMS FOR A WEIGHT CONTROL OR WEIGHT LOSS DIET

Title (de)

DIÄTETISCHE LEBENSMITTEL BEI EINER GEWICHTSKONTROLLIERENDEN BZW. GEWICHTSREDUZIERENDEN ERNÄHRUNG

Title (fr)

ALIMENTS DIETETIQUES POUR UNE ALIMENTATION VISANT A CONTROLER VOIRE REDUIRE LE POIDS

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Application

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Abstract (en)

[origin: WO2004105516A1] The invention relates to dietary food items that are used for controlling or losing weight and comprise at least one n3 fatty acid (omega-3) in combination with fibers. Said food items advantageously also comprise a balanced ratio of carbohydrates, protein, and fat. Preferably, the inventive food items contain a balanced ratio of fatty acids, especially regarding the ratio between n3 fatty acids and n6 fatty acids (about 1:1 to 1: 10). The aim of the inventive food combinations is to supply a sufficient amount of essential fatty acids, particularly long-chain omega-3 fatty acids, especially docosahexaenoic acid (DHA), in the framework of targeted weight loss. Said food combinations are particularly advantageous in case of reduced fat intake, e.g. in the framework of a reduced fat diet aiming to reduce or control weight. The invention further relates to a method for producing such dietary food items as well as the use thereof.

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