How Expensive is it to lose weight? - The financial cost of one such weight loss program

Published On: April 11, 2020 | Pages: 057 - 059

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Background: Obesity is the result of excess caloric consumption compared with caloric expenditure. Multiple approaches exist including pre-packaged meals. This study looked at just one proposed product and the cost of its use. Methods: Sixty premenopausal women were selected to participate in a weight reduction product composed of prepackaged soy protein. The soy pro ...