

Shaking up weight loss: Research finds meal replacement offering stacks up

June 25 2024



The science-backed Fast Start offering helps overweight or obese Australians make sustainable and healthy diet changes, starting with partial meal replacements. Credit: CSIRO

New analysis has found CSIRO's Fast Start meal replacement shakes offering, delivered as part of the CSIRO Total Wellbeing Diet online program, has helped Australians kick start their weight loss journey, with 98% of members losing weight in 12 weeks.

The analysis of more than 10,300 [CSIRO Total Wellbeing Diet](#) members using Fast Start showed 28% of people shifted out of the obese category after 12 weeks, and 31% did so after 24 weeks.

The science-backed Fast Start offering helps overweight or obese Australians make sustainable and healthy [diet](#) changes, starting with partial meal replacements, along with education, behavior change support and structured meal plans.

After three weeks, members then transition to the CSIRO Total Wellbeing Diet's whole foods meal plan for the remainder of the program.

The analysis also found the Fast Start offering helped members achieve clinically significant weight loss, with three quarters of members losing 5% or more of their starting body weight, and 1 in 5 losing 10% or more.

CSIRO Research Scientist Dr. Gilly Hendrie said the data shows just how critical the first three weeks are to sustaining behavior change when starting out.

When people feel their clothes are fitting better, they have more energy, or they see the numbers dropping on the scales, it helps stay motivated to stick at it," Dr. Hendrie said.

"Meal replacements alone aren't a long-term solution to weight loss because most people will revert to their old eating habits once they stop having shakes.

"That is why the transition to the CSIRO Total Wellbeing Diet whole foods program is key to ensuring members are supported through their weight loss journey and equipped with the knowledge and tools to build healthier habits for longer term behavior change."

In line with the World Health Organization's aim to halt the rise of [obesity](#), Australia has set an ambitious target to prevent and reduce overweight and obesity as outlined in the National Obesity Strategy.

"Australia needs to strive to stop the increase in [obesity rates](#) observed over the past 10 years if we are to reduce chronic disease and have a healthier population," Dr. Hendrie said.

"Sustainable and holistic programs that support people to lose weight and reduce their risk of obesity and [chronic diseases](#) such type 2 diabetes and [heart disease](#), are critical to achieving this ambitious goal and in doing so ensure Australians live longer and have healthier lives."

Since launching in January 2023, its popularity has grown swiftly, with Fast Start memberships now making up over one-quarter of the CSIRO Total Wellbeing Diet member base.

More information: www.totalwellbeingdiet.com/au/

Provided by CSIRO

Citation: Shaking up weight loss: Research finds meal replacement offering stacks up (2024, June 25) retrieved 17 July 2024 from <https://medicalxpress.com/news/2024-06-weight-loss-meal-stacks.html>

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