**A RANDOMIZED TRIAL OF A SOUTH BEACH-PATTERNED DIET FOR WEIGHT LOSS AND HYPERTENSION**

**(RESEARCH PAPER)**

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**AN OFFICIAL ENTRY TO DIVISION SCIENCE AND TECHNOLOGY FAIR 2016 (SCIENCE INVESTIGATORY PROJECT)**

**INDIVIDUAL CATEGORY (LIFE SCIENCE)**

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**ABSTRACT**

This study aims to determine the effect of a locally-created South Beach-patterned Diet program in the changes of weight and blood pressure. The nutritional content was determined after the dieting period. The food acceptability of the recipes are evaluated after the period. Mean was used for the obtained data for food acceptability

The results show that the weights of the subjects who were subjected in the patterned diet program were lessened as opposed to the results in the normal diet program. The systolic pressure decreases on the patterned diet group; however, the diastolic pressure varies. Results showed that the nutritional content of the ingredients and recipes vary; however, the higher values in the patterned diet recipes are noticeable. The variations of nutritional content caused the variation of change in weight per phase.

In terms of the food acceptability, the results evidently showed that the recipes included in the South Beach Diet program are acceptable when it comes to the sensors, such as: appearance, taste, consistency, aroma, and overall acceptability.

In conclusion, the South Beach-patterned Diet program is effective in terms of weight loss only. This study can be used as a basis for the future studies that will be conducted.

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**(RESEARCH PLAN)**

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