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all patients received structured dietary counseling for 12 weeks, consisting of two individual counseling sessions per week at the beginning and one each at week 6 and 12. at the first counseling session the patients were introduced to the concept of hypocaloric nutrition. the recommended daily energy intake was calculated for each patient individually based on her/his weight and age and assessed against the target range from the german guidelines for body weight (gwg) of 0-10 kg [33]. a detailed description of the dietary counseling as used in the present study has been reported elsewhere [34]. the counseling was performed in an individual setting and not by a group. dietary counseling was performed for two hours each time and the patients received a copy of the recommendations at the first and the end of the counseling. the goals of the counseling were to reduce total energy intake, increase the ed of low calorie food items and preserve as many of the patients' favorite dishes and food items as possible. the patients were provided with a detailed written list of all the food items and beverages they could eat and drink. this list consisted of items commonly consumed by the population in germany and not of the patients' own personal favorite dishes and food items. the patients' usual food intake was identified by a written food diary of 12 consecutive days. to help identify their usual diet patients were instructed to record in as detailed a manner as possible every food item they either ate or drank, the time of consumption, the amount they ate by weighing with a scale as often as possible and how the food was prepared. these data were used to determine the patients' usual energy intake and dietary pattern. the patients were asked to bring their food diary to the first counseling session at baseline and to the end of the study. the patients were instructed to record the meal patterns of the previous week, including the time of meal and the duration of the meal, as well as the amounts of beverages and snacks they consumed in addition to recording their energy intake. during the counseling session the patients received instructions for the intake of a low energy diet comprising nutritionally adequate foods. dietary advice on how to reduce energy intake was tailored to individual preferences. in addition, patients were advised to consume more ed of healthy foods such as fruit, vegetables, bread, pasta, rice and fish as well as decrease their ed of chocolate, sugar and red meat. 5ec8ef588b

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