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On Drugs and Therapeutics

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IN BRIEF

New Dietary Guidelines

The US Department of Health and Human Services, in conjunction with the US Department of Agriculture, has released the latest update of its *Dietary Guidelines* (www.health.gov). The emphasis this time is on weight loss through calorie restriction and exercise. A low-fat intake is recommended; a low-carbohydrate diet is not. Fruits, vegetables and whole grains are encouraged. A review of Diet, Drugs and Surgery for Weight Loss appeared in the December 2003 issue of *Treatment Guidelines from The Medical Letter*.

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