ERRATA

In the June 2005 article, “Medications as Adjunct Therapy for Weight Loss: Approved and Off-Label Agents in Use,” (J Am Diet Assoc. 2005;105:948-959), the discussion about Zonisamide misreported that the trial by Gadde and colleagues was an uncontrolled, single-blind trial and that patients in the placebo group received only dietary restriction. The correct information should have stated that this was a randomized, double-blind, placebo-controlled trial with an optional single-blind extension of the same treatment for an additional 16 weeks with the placebo group receiving placebo medication and dietary restriction instructions.

In the September 2005 article, “The 2005 Dietary Guidelines Advisory Committee: Developing a Key Message,” (J Am Diet Assoc. 2005;105:1418-1424), the shading in Figures 1 and 2 was incorrect. Corrected Figures 1 and 2 are shown here. Also, the remainder of the paragraph after the parenthetical reference to Figure 1 in the second column on page 1420 should read as follows: “For example, in Figure 2, person A consumes nutrient-dense, lower-energy density foods and fulfills his essential nutrient needs by consuming 1,800 kcal. Since his total energy allowance is 2,000 kcal/day, the remaining 200 kcal is discretionary energy. In contrast, person B, who consumes low-nutrient, high-fat, high-sugar (ie, added sugar) food, exceeds his total energy allowance before fulfilling his essential nutrient needs. Person B has no discretionary energy and is in an excess energy intake pattern that, over time, will result in undesirable weight gain if his energy expenditure is not increased.”


Figure 1. Estimate of discretionary energy available based on level of physical activity for males and females aged 31 to 50 years.

Figure 2. Illustration of the discretionary energy concept.