

The “Original” High-Fat Diets for Diet Induced Obesity

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1/18/96 and 3/11/99.*

Research Diets, Inc. formulated the “original” high-fat diet for diet induced obesity (DIO) studies in 1996. Today, our high-fat diets are the research standard for DIO mice and rats worldwide.



DIO Low-Fat Control Diets = Matched, Purified Ingredient Diets

We recommend that you use a matched, purified ingredient diet and not a grain-based (GB) diet. There are many, many differences between purified diets and GB diets and these variables make it difficult to interpret your data from a study in which one group was fed a purified ingredient high-fat and the other a low-fat GB diet. Differences between your groups could be due to the level of fat, but could also be due to differences in fiber type and level, (and subsequent effects on gut microbiota), source of carbohydrate, and the presence or absence of plant chemicals (such as phytoestrogens), just to name a few.

Low-Fat Control Formulas

There are many options for low-fat control diets. Here are a few examples:

D12450B

Contains 35% sucrose by energy, unlike D12451 and D12492. Sucrose is made up of glucose and fructose and it has been shown that diets very high in sucrose or fructose (~60-70% by energy) can induce hypertriglyceridemia, insulin resistance and fatty liver.

Match Sucrose Calories

Keep the amount of sucrose (as a percent of calories) constant across low and high-fat diets. D12450H matches the sucrose calories in D12451. D12450J matches the sucrose calories in D12492. These diets are formulated in such a way that when animals in the low and high-fat groups consume the same number of calories, they will also consume the same amount of sucrose.

Replace Sucrose with Corn Starch

D12450K contains no sucrose but only corn starch and maltodextrin as the sources of carbohydrate. Maltodextrin is a partially hydrolyzed form of corn starch that allows us to produce a quality pellet in a high corn starch diet.

There are more possible low-fat diet formulas. Please contact one of our scientists and we can help you decide if one of the above diets or perhaps a different, custom diet is better for your research.



D12451, D12492 The "Original High-Fat Diets"

Product #	D12451		D12492	
	gm%	kcal%	gm%	kcal%
Protein	24	20.0	26	20.0
Carbohydrate	41	35.0	26	20.0
Fat	24	45.0	35	60.0
Total		100.0		100.0
kcal/gm	4.73		5.24	
Ingredient	gm	kcal	gm	kcal
Casein, 30 Mesh	200	800	200	800
L-Cystine	3	12	3	12
Corn Starch	72.8	291	0	0
Maltodextrin 10	100	400	125	500
Sucrose	172.8	691	68.8	275
Cellulose, BW200	50	0	50	0
Soybean Oil	25	225	25	225
Lard	177.5	1598	245	2205
Mineral Mix S10026	10	0	10	0
DiCalcium Phosphate	13	0	13	0
Calcium Carbonate	5.5	0	5.5	0
Potassium Citrate, 1 H2O	16.5	0	16.5	0
Vitamin Mix V10001	10	40	10	40
Choline Bitartrate	2	0	2	0
FD&C Red Dye #40	0.05	0	0	0
FD&C Blue Dye #1	0	0	0.05	0
Total	858.15	4057	773.85	4057

* Typical analysis of cholesterol in lard = 72 mg per 100 gram.

**Typical analysis of cholesterol in casein = 20 mg per 100 grams.

D12451

Cholesterol (mg)/4057 kcal = 167.8
 Cholesterol (mg)/kg = 195.5

D12492

Cholesterol (mg)/4057 kcal = 216.4
 Cholesterol (mg)/kg = 279.6



Samples of Low-Fat Diet Formulas

Product #	35% Sucrose		D12451 Match 17% Sucrose		D12492 Match 7% Sucrose		No Sucrose	
	D12450B		D12450H		D12450J		D12450K	
	gm%	kcal%	gm%	kcal%	gm%	kcal%	gm%	kcal%
Protein	19.2	20.0	19.2	20.0	19.2	20.0	19.2	20.0
Carbohydrate	67.3	70.0	67.3	70.0	67.3	70.0	67.3	70.0
Fat	4.3	10.0	4.3	10.0	4.3	10.0	4.3	10.0
Total		100.0		100.0		100.0		100.0
kcal/gm	3.85		3.85		3.85		3.85	
Ingredient	gm	kcal	gm	kcal	gm	kcal	gm	kcal
Casein, 30 Mesh	200	800	200	800	200	800	200	800
L-Cystine	3	12	3	12	3	12	3	12
Corn Starch	315	1260	452.2	1808.8	506.2	2024.8	550	2200
Maltodextrin 10	35	140	75	300	125	500	150	600
Sucrose	350	1400	172.8	691.2	68.8	275.2	0	0
Cellulose, BW200	50	0	50	0	50	0	50	0
Soybean Oil	25	225	25	225	25	225	25	225
Lard	20	180	20	180	20	180	20	180
Mineral Mix S10026	10	0	10	0	10	0	10	0
DiCalcium Phosphate	13	0	13	0	13	0	13	0
Calcium Carbonate	5.5	0	5.5	0	5.5	0	5.5	0
Potassium Citrate, 1 H2O	16.5	0	16.5	0	16.5	0	16.5	0
Vitamin Mix V10001	10	40	10	40	10	40	10	40
Choline Bitartrate	2	0	2	0	2	0	2	0
FD&C Yellow Dye #5	0.05	0	0.04	0	0.04	0	0	0
FD&C Red Dye #40	0	0	0.01	0	0	0	0.025	0
FD&C Blue Dye #1	0	0	0	0	0.01	0	0.025	0
Total	1055.05	4057	1055.05	4057	1055.05	4057	1055.05	4057

* Typical analysis of cholesterol in lard = 72 mg per 100 gram.

**Typical analysis of cholesterol in casein = 20 mg per 100 grams.

D12450B - H/J/K

Cholesterol (mg)/4057 kcal = 54.4

Cholesterol (mg)/kg = 51.6



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References - Product Data DIO Series Diets

These are just a sample of the hundreds of citations comprising the body of scientific work built around these OpenSource diet formulas.

DIO Rat Models

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DIO Mouse Models

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