

The invention relates to medicine, namely to a method for decreasing or maintaining the body weight by dietotherapy limiting the amount and the quality of the food and water intake. The planned daily weight decreasing is subtracted from the optimal daily food requirement. The latter ( $L_{opt}$ ) is calculated as  $L_{opt} = N \cdot P \cdot (1.15 - 0.005 \cdot F) \cdot D$  wherein N – optimization coefficient; P – body mass, kg; F – age, years; D – diet resistance coefficient taking into account compliance to the diet. The selection of the food items is provided upon the calculation of the total energy value. For the calculation, the coefficients are used taking into account the content of vitamins and minerals, the protein and the dietary fiber, the refined carbohydrates. Moreover, the use of chemicals for the preservation and food processing is also accounted for.