RECOMANDATION FOR A BETTER CONTROL
OF THE BODY WEIGHT

Abstract

From fitness magazines to tv commercials it’s an every day information bombing about diets. The latest always say that "this popular diet doesn’t work, but ours will" or it’s showed a photoshoped before and after picture. And although the term diet automatically gets us thinking of people who need to lose weight, it’s definition says: "the food or drink prescribed to a person for a special reason". So for those who play sports or have goals in fitness, having the proper diet is important as well.

Keywords: diet, weight, body, fitness.

Content: Many people don't change at all what they eat or drink when it comes to sports performance or gaining muscle, they simply think that because they are not trying to lose weight all they need is a supplement to obtain their goals. This is simply not true, a supplement is exactly what the name implies: it’s a tool that strengthens, completes, or makes up for a deficiency in the diet. It’s not an automatic means to an end. So the next time shopping a fat burner a question will appear: "how quickly will this work?". The fat burner is limited by the diet and training, how quickly it works depends on personal dedication. Also, for those ones who consider themselves "natural" in the sense that they don't need supplements, the majority of sports nutritional products contain ingredients naturally occurring in the diet (ex: BCAA's and creatine are found in red meat, citrulline is found in watermelon) in concentrated amounts in an attempt to improve convenience, bioavailability and effect. Nobody should think can’t do without supplements consider that 1 kg of steak has 4 grams of creatine and 119 grams of fat to go along with it. But coming back to the idea of dieting, the topic is about in and out of dieting as it pertains to weight loss for the average person who doesn't plan on competing in a show anytime, but dieting for proper weight maintenance.

Quite possibly the most popular weight loss craze in recent memory is that of Atkins diet (low carb) and the reason for this is because it works. Individuals could achieve faster results on the low carb diet as opposed to a calorie restricted diet. The reason for this is the effect of insulin; carbohydrates (and to a lesser extent, protein and essential amino acids) cause the pancreas to release insulin which shuts down the release of fatty acids (the body metabolizes fat at rest) and pulls nutrients from the blood to be utilized or stored. This process is highly anabolic and very

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useful for athletes attempting to refill their energy stores (muscle glycogen is the storage form of carbohydrates in the body and it is utilized during intense exercise) and transport vital nutrients to muscle cells. However, this process is detrimental to those attempting to lose fat if it is happening during the day and not post exercise. So if people are munching on donuts, or they're at a restaurant eyeing the dessert menu, it's not just the calories that must be worried about. In general (not including carbohydrate supplements) the faster the digestion rate of the carbohydrates consumed (things like sugar, or refined carbohydrates) the more insulin body will have released. The term "glicemic index" refers to a food's effect on blood glucose (blood sugar) levels and subsequently insulin levels. This explains why some people can simply stop drinking sugary sodas alone and see a change in their weight. They have spent so much time shutting down their body's use of its fat stores they are surprised when they witness what can happen from such a simple lifestyle change.

It's not the sugar and refined carbohydrates alone that are the culprits, when many people are having desserts there are large amounts of sugar accompanied by fat. Athletes use high glycemic carbohydrates after exercise to store vital nutrients (mainly protein for rebuilding muscle tissue damaged during exercise). When it comes to a dessert, the only thing the body is storing is fat. So not only does blocking fat release, but also promoting fat storage. So is appearing a question: this proves that the low carb diet is 100% legitimate right? Well, the answer is no. The rule of thumb for everything in bodybuilding in nutrition is to take good things in moderation. There is a time and a place for low carb dieting for the average gym rat it's a great 4-6 week diet to get ready for spring break, for a natural bodybuilder it's great for the last 4 weeks of the diet to make sure he's peeled and to take advantage of carbohydrate loading to get the most out of his physique. For the average person, the low carb diet is a great way to lose weight during the opening weeks of the lifestyle changes (it's better to use the term "lifestyle change" because temporary diet means almost surely gain the weight back).

The same research that showed how quickly a low carbohydrate diet works compared to a low fat diet also brought to light the fact that in the long run both diets were equal in long term weight loss. The downside, however, is that LDL cholesterol is increased with the low carbohydrate diet and this is linked to detrimental health in the long term (atherosclerosis, heart disease). So despite the latest diet crazes and the claims of speedy weight loss, the one thing to keep in mind is that long term results come down to total calories. Long term success will always come down to expending more calories than can be taken in. (LDL Cholesterol - Low-density lipoprotein (LDL) is one of the five major groups of lipoproteins, which in order of size, largest to smallest, are chylomicrons, VLDL, IDL, LDL and HDL, that enable lipids like cholesterol and triglycerides to be transported within the water-based bloodstream. Since higher levels of LDL particles promote health problems and cardiovascular disease, they are often called the bad cholesterol)
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particles, (as opposed to HDL particles, which are frequently referred to as good cholesterol or healthy cholesterol particles). HDL Cholesterol - High-density lipoprotein (HDL) is one of the five major groups of lipoproteins which, in order of sizes, smallest to largest, are chylomicrons, VLDL, IDL, LDL and HDL, which enable lipids like cholesterol and triglycerides to be transported within the water-based bloodstream. In healthy individuals, about thirty percent of blood cholesterol is carried by HDL).

Take in to account the former Mr. Olympia winner Jay Cutler who won his title using a high carbohydrate diet while keeping his total calories in check. The carbohydrates Jay took in helped release insulin which worked to preserve his muscle mass while dieting (similar to the way protein helps maintain muscle mass during a low carb diet) which resulted in him putting a limit on the total amount of fat in his diet.

Now when it comes to dieting for weight maintenance, the base of the approach should once again be the total calories consumed in a day. However, insulin plays a role in weight control. If it didn't, Sumo wrestlers wouldn't limit their eating to twice a day to promote insulin spikes (they also limit their number of meal sessions per day to slow metabolic rate). And also, if insulin didn't play a role in weight control, the Atkins diet wouldn't be as effective as it is.

So for those looking to maintain, the key is to eat small meals (or regular meals with snacks in between) throughout the day, preferably every 3 hours. Despite what may be heard, this does nothing to speed up the metabolism. It is simply the best method to prevent insulin from spiking and to help control the size of the meals (to help prevent overeating). The other factor to consider is the amount of carbohydrates consumed in comparison to the rest of the macronutrients in the diet. Carbohydrates are the main source of the body's fuel during exercise, and should only be consumed to match the volume of the training. This is especially important today since many people consume a large amount of processed foods and high glycemic carbohydrates.

The best way to maintain the weight is to monitor the caloric intake for the day and monitor the total carbohydrates take in. A good way to balance the macronutrients is to take into account the total calories will be consumed for the day, have 40% carbohydrates, 30% protein (roughly 1,5-2 grams per kg of bodyweight, this is the recommendation), and 30% in healthy fats (Omega 3, poly and monounsaturated fats, limit saturated fat).

At this point will probably ask "does this mean to do cardio every time the meal includes a dessert or fatty food?". Well, first it takes 3,500 excess calories to develop a pound of fat, so having a dessert, or a steak every once in a while won't hurt those ones who are practicing. The second thing to keep in mind is the post-exercise window. It is important to consume carbohydrates as well as protein post exercise to optimize muscle glycogen replenishment and recovery. However, after
intense exercise energy expenditure and utilization is high enough that fatty or high carbohydrate meals are limited in their ability to be stored as fat because of increased lipid oxidation, and the need for muscle glycogen replenishment.

Conclusion: despite the latest diet trends that come and go, modern science tells us that the best things for weight control are optimizing the metabolism through regular exercise, balancing the meals for proper insulin control, and keeping an eye on the total number of daily calories consumed.

Recommendation: when it comes to the meal delivery services that are so heavily advertised, those can definitely help some extra money to spend and have a hard time with planning the diet. But for those of us who can't afford it, these meal plans are based on what every nutritionist prescribes to their clients the first day they meet - portion control. This is the reason for the 6 meals a day recommendation that is recommended for so many people just getting started. Compliance is a huge issue in the personal training and nutrition planning industry, and the first thing will be taught just starting out is to start controlling the portions of the meals and start paying attention to serving sizes. This should help get on the way and on the track to weight control success.

BIBLIOGRAPHY