

Sports Nutrition and Ortho Congress

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Caloric diet and recommendations: Macro nutrient needs based upon body shape

Dieting may not be effective because there is an assumption that everyone has same caloric needs and that restricting caloric intake is universal for everyone. One factor that influences the effectiveness of caloric restriction and dieting is the differences in body shapes. For example, few body shapes, such as apple shape, are insulin sensitive and higher carbohydrate consumption can lead to increased weight gain, even while dieting. Another factor has been the increase in process foods, including diet foods as well as a change in the food pyramid since the 1970's to increase the intake of carbohydrates. The increase in carbohydrate consumption has led to an increase of chronic inflammation within the body. This increase in inflammation is a primary cause of most illness, disease, faster aging and weight gain/obesity.

Biography

Brad Johnson is an international speaker in the fields of fitness and education. Dr. Johnson is author of 6 books including, Learning on Your Feet: Incorporating Physical Activity into the K-8 Classroom (Routledge). Dr. Johnson teaches courses in Advanced Health & Wellness as well as Human Performance for Western States University and the University System of Georgia. He recently spent time in Malaysia developing a fitness diploma with their Ministry of Education. He trained teachers throughout Malaysia to incorporate more fitness into the classroom.

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