

Mission Impossible?

The Effects of Under Eating on Weight Loss

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Sources: *Precision Nutrition* and *Brian St. Pierre*, *Scientific American*, *USDA*, *American Journal of Clinical Nutrition*

1. “I’ve tried everything and no matter what I do, I can’t lose weight.”
2. “I think my metabolism is broken.”
3. “I gain weight by looking at food.”

The Golden Rule of Weight Loss

[Calories In] - [Calories Out] = Changes in Body Stores

If you are not losing weight, you are in a caloric surplus and eating too much.

The Physiological Inconsistencies

Calories In

- Food Quality (processed vs unprocessed)*
- Macronutrients*
- Cooking Methods
- Age
- Hormone Status
- Training/Exercise
- Stress
- Sleep
- Gut Health
- Medication & Supplements

Calories Out

- Weight Loss History*
- Thermic Effects of Food, Macronutrients, and Food Quality*
- Resting Metabolic Rate Variability (5-15%)
- Exercise
- Non-Exercise Activity Thermogenesis (NEAT)
- Genetics
- Medication & Supplements

Non-Physiological Reasons for Inconsistencies

- Under-Reporting and Tracking Errors
- Label Inaccuracy (Honest)
- Regulation and Guideline Manipulation (Not So Honest)
- “We Just Don’t Know... Yet”

25%

Due to the methods of calorie measurement, food labels may be off by up to 25%.

2,000 calories could be 1,500 OR 2,500 - it's hard to tell

Is a calorie a calorie?

2,000 Calories from 250g CHO (30g of fiber), 66g FAT, and 100g PRO

- - 120 calories from TEF of protein
- - 60 calories from fiber intake
- - 0 calories from fats (fat source = trace fats and oils)

-180 calories during digestion and absorption for a net calorie intake of 1,820.

2,000 Calories from 150g CHO (50g of fiber), 66g FAT, and 200g PRO

- - 240 calories from TEF of protein
- - 100 calories from fiber intake
- - 40 from fats (almonds instead of trace fats)
- -100 for +5% boost to calorie burn from digestion and absorption of an unprocessed diet

-480 calories during digestion and absorption for a net calorie intake of 1,520.

Weight Loss History's Effects

A person who has always been lean or at the same body weight will have a higher metabolic rate than someone who diets to that body weight.

Person 1: 5'8, 150 pounds, 45 y/o Female

Has never been far above 150 in her life.

Maintenance Calories: **2,000**

Person 2: 5'8, 150 pounds, 45 y/o Female

Dieted to 150 from 185 pounds. Weight has yo-yoed between 140-185 for most of adult life.

Maintenance Calories: **1,750**

30%

Metabolic rates may vary by up to 30% **or more** between people at the same weight.

The Golden Rule of Weight Loss

[Calories In] - [Calories Out] = Changes in Body Stores

BECOMES

[What we eat, digest, absorb, and don't excrete] -

[Our resting metabolic rate, physical activity, and the thermic effect of food] =

Changes in Body Stores

Improving Your Metabolic Rate & Weight Loss Results

Practical Applications

- Slow, gradual, and sustained weight loss without rebounds
- Increase protein intake to 0.8-1.2 grams of protein per pound of body weight each day (if you consume large portions of protein via shakes, switch to whole food)
- Strength training for adding lean body mass and improved nutrient partitioning
- Increase NEAT
- Focus on food quality - vegetables, fruits, unprocessed foods
- Use food/dietary consistency
- Nutrient timing
- Hormone manipulation through diet, training, sleep, stress, and more
- Determine your starting point and where your metabolic rate is really at (without a lab or predictive formulas)

Where are you now?

Calculating Your Metabolic Rate (without a laboratory)

1. Record body weight and measurements
2. Honestly track caloric intake as consistently as possible for 7-14+ days
(minimizing food/drink variety)
3. Reassess measurements and weight after that period
4. Take your total calorie intake for the period and divide by the # of days for
a daily average
5. Change will indicate which direction you need to go

Thanks and Good Luck!

Slides available at:

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Q&A

